اللجنة الوطنية للتغذية
National Nutrition Committee

Saudi Food Composition Tables

First Edition

1447 AH / 2025 AD

بسم الله الرحمن الرحيم

Prepared and published by

The National Nutrition Committee
Saudi Food and Drug Authority (SFDA)

The project team "Evaluating the Nutrient Content of Foods" - "Saudi Food Composition Tables"

Prof. Mohammed Abdullah AlSaif

Secretary-General of the National Nutrition Committee
Project Director
Saudi Food and Drug Authority (SFDA)

Rawan Abdulaziz Alobaid

Head of Nutrition Regulatory Affairs
Project Supervisor
Saudi Food and Drug Authority (SFDA)

Sarah Mohammed Alkhunein

Research Expert
Principal Investigator of the Project
Saudi Food and Drug Authority (SFDA)

Shihana Abdullah Alakeel

Senior Research Expert
Co-Investigator of the Project
Saudi Food and Drug Authority (SFDA)

Dr. Suleiman Abdullah Althawab

College of Food and Agriculture Sciences
Co-Investigator of the Project
King Saud University (KSU)

Dr. Mohammed Ali Alnasser

Vice President for Food Sector
General Supervisor of the Project
Saudi Food and Drug Authority (SFDA)

Content

Introduction to the National Nutrition Committee (NNC)	6
Overview of the "Evaluation of Nutrient Content in Foods" Initiative	6
Phases and Methodology for the initiative	8
Reader's Guide to Understanding the Food Composition Tables	9
Recipes according to the regions of the Kingdom	
Riyadh Region	12
Makkah Region	34
Al-Madinah Region	80
Eastern Region	110
Al-Qassim Region	128
Aseer Region	144
Hail Region	160
Tabuk Region	172
Al-Baha Region	196
Northern Borders Region	226
Al-Jawf Region	240
Jazan Region	268
Najran Region	286
Appendix (1): Definitions of Key Terms	306
Appendix (2): Reference Dietary Recommendations	307
References	310

Introduction to the National Nutrition Committee (NNC)

The National Nutrition Committee is a scientific advisory body dedicated to improving the nutritional and health status of the population in the Kingdom of Saudi Arabia, with the overarching goal of building a healthier society. The Committee provides evidence-based recommendations and scientific opinions on nutrition-related matters to the relevant authorities. The Committee was established within the organizational structure of the Saudi Food and Drug Authority (SFDA) pursuant to the esteemed Council of Ministers' Resolution No. (144) dated 05/03/1440 AH.

Committee Functions

1. Assess the nutritional status of the Saudi population.
2. Evaluate the nutrient content of foods.
3. Define and periodically update reference values for nutritional elements.
4. Set priorities for interventions related to nutrition policies and reforms.
5. Conduct studies and research related to nutrition.
6. Provide scientific recommendations and expert opinions on nutrition to the relevant authorities.
7. Establish a national scientific database in the field of nutrition to support decision-makers in relevant authorities and researchers.
8. Carry out any other tasks within the Committee's mandate as assigned by the SFDA Board of Directors, based on recommendations from the National Nutrition Committee.

Overview of the "Evaluation of Nutrient Content in Foods" Initiative

The initiative is one of the projects under the Health Sector Transformation Program, which is part of Saudi Arabia's Vision 2030. Its scope focuses on preparing a reference book for the nutrient composition of Saudi dishes by preparing the recipes using a precise scientific methodology, followed by laboratory analysis to estimate their content of macro- and micro-nutrients such as energy, carbohydrates, proteins, fats, vitamins, minerals, and dietary fiber.

Objectives of the Initiative

The initiative aims to provide reliable national data on the composition of Saudi dishes, which can be utilized across multiple fields. It enables researchers to conduct nutritional and health studies and surveys, and allows public health and nutrition authorities to issue scientific recommendations and prepare national guidance manuals. The data also contribute to the creation or modification of food and nutrition policies. Furthermore, these data play a fundamental role in supporting the food manufacturing sector by enhancing the nutritional value and development of local products. Finally, these data can be used to raise community awareness about food and health by enabling individuals to plan balanced meals.

Partners

برنامج تحـــول
القطاع الصحي

الهيئة العامة للغذاء والدواء
Saudi Food & Drug Authority

هيئـــــة فنـــــون الطهـــــي
Culinary Arts Commission

Phases and Methodology for the initiative

Phase One

Collection of Recipe Data and Preparation and Sampling of Specimens

The first phase focused on establishing structured collaboration with the Culinary Arts Commission, the national reference authority responsible for documenting Saudi dishes and preserving the Kingdom's culinary heritage. Through this collaboration, standardized recipe data for 130 Saudi dishes were obtained as part of the "Culinary Arts Documentation in the Regions of the Kingdom" project. This project aimed to systematically document ingredients, preparation procedures, cooking techniques, and traditional culinary practices, providing a comprehensive scientific record of Saudi cuisine. The documentation methodology was grounded in a nationwide field study, conducted with the participation of a representative sample of the local community across all regions of the Kingdom. Data quality was ensured through verification and validation procedures designed to confirm accuracy, consistency, and reliability, in accordance with recognized scientific and quality assurance principles.Within the framework of the "Nutritional Content Assessment of Foods" initiative, ingredients required for recipe preparation were procured periodically from verified local sources and stored under controlled conditions in appropriate facilities to maintain food safety and compositional integrity. Each dish was prepared in three independent replicates by three experienced Saudi chefs, following a standardized preparation protocol to ensure methodological consistency, reproducibility, and accurate nutritional representation.The sensory attributes of the prepared dishes were evaluated against traditionally recognized characteristics to confirm authenticity and cultural fidelity. All preparation stages were documented using standardized photographic and video recording to support transparency, traceability, and quality assurance. Subsequently, a minimum of twelve food samples was collected from each dish using validated sampling procedures tailored to the nature and composition of each recipe, under the supervision of qualified technical personnel.The samples were immediately transported under controlled conditions to food analysis laboratories accredited in accordance with ISO/IEC 17025 and approved by the Saudi Food and Drug Authority (SFDA). These measures ensured the preservation of sample integrity and nutritional stability, enabling reliable
analytical outcomes in subsequent phases of the initiative.

Phase Two

Laboratory Analysis of Samples

The second phase involved the analysis of the food samples immediately upon arrival at the laboratories, using accredited methods to guarantee the accuracy and reliability of the results. A total of 49 nutritional components were measured, with at least three samples analyzed per dish. The total number of analyses performed was nearly 19,000, covering both macro and micronutrients. The results were then collected in an organized database in preparation for review and processing in the subsequent phase.

Phase Three

Data Review and Processing

The raw laboratory results were converted into organized data ready for the preparation of food composition tables. This included verifying accuracy and consistency, addressing missing or non-detected values using accepted scientific methodologies, and comparing results with estimated reference values to ensure reliability. The data were then converted into formats consistent with the models of the SFDA and international standards. This phase culminated in the preparation of food composition tables for 100 grams of the edible portion of each dish. Furthermore, the total nutritional values for the entire recipe were estimated. This was calculated mathematically to represent the quantity typically consumed by four to six adults,based on traditional customs and the usual serving size documented by the Culinary Arts Commission. The selection of the number of individuals was based on the fact that the average size of a Saudi household ranges between 4 and 6 persons, according to the General Authority for Statistics.

Phase Four

Book Preparation

The initiative's efforts concluded in the fourth phase with the preparation and publication of the Saudi Food Composition Tables in both Arabic and English versions. The book presents 130 Saudi dishes with their ingredients, preparation steps, and nutritional values in two formats: total nutritional values per recipe, and nutritional values per 100 grams of the edible portion. The book was designed to serve as a reliable scientific reference for researchers, professionals, and practitioners in the fields of nutrition and public health. Simultaneously, it also enables the public to access accurate information about the composition and nutritional content of Saudi dishes, thereby promoting nutritional awareness and contributing to the documentation of the national food heritage.

Reader's Guide to Understanding the Food Composition Tables

The tables in this book present the nutritional values of Saudi dishes in two formats:

Per 100 grams of the edible portion: This is the scientific standard used for comparing different foods.

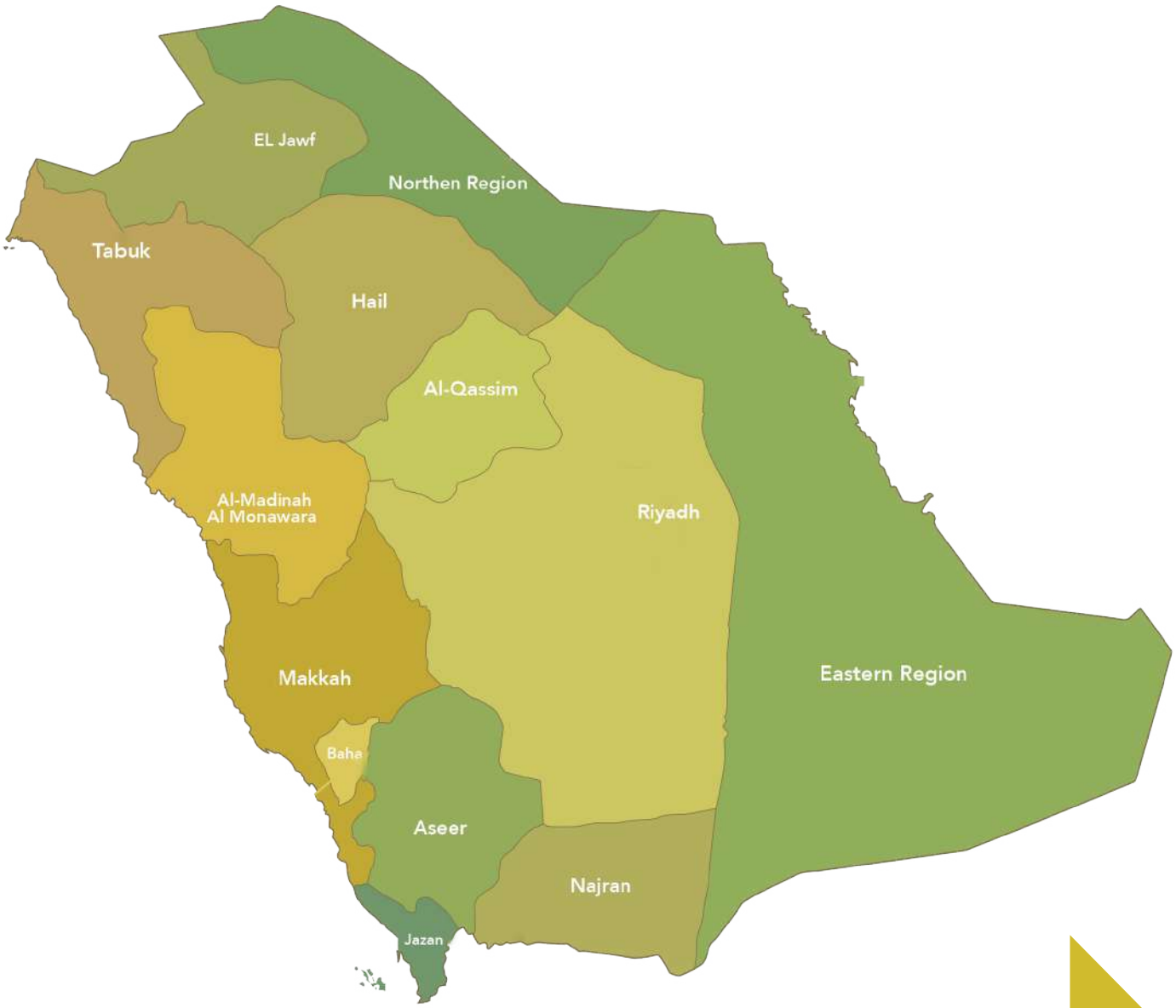
For the full recipe: This presents the nutritional values for the entire recipe, mathematically calculated to serve four to six adults.

To interpret these values accurately, the following considerations should be taken into account:

- All ingredients used are commercially available in local markets, and actual values may vary slightly depending on product quality, manufacturer, or country of origin.
- Some products may contain added elements such as iron or B vitamins if they are commercially fortified.
- The nutritional composition of meats and dairy products varies depending on the animal's age, breed, and stage of growth or lactation, which is reflected in the level of fat, protein, and minerals.
- There is a natural variation in food composition even within the same type, such as differences in varieties, strains, or growing regions.
- The nutritional value of some foods is affected by the method of preparation or processing, such as the difference between liquid and powdered milk.
- Some values may be displayed as "-" to indicate that the content of the nutrient in the recipe is below laboratory detection limits.
- The nutritional composition of some foods, such as fruits and vegetables, changes according to the season of cultivation or harvest, which may alter their content of macro- and micronutrients.
- The displayed values represent the average results and they may differ in home preparation depending on the specific ingredients or cooking methods used.

Accordingly, readers are advised to use these tables as a reliable reference tool to assist in dietary planning and in understanding the nutritional value of Saudi dishes, while keeping in mind the natural and commercial factors that may lead to minor variations in actual values.

Recipes according to the regions of the Kingdom



Riyadh

Qursan 14

Muhalla 24

Al-Jareesh 16

Hamees 26

Margaouq 18

Henaini 28

Khameer Qurs 20

Shaa'thah 30

Qishd 22

Makhameer 32

Recipe Name

Qursan

Approximately 4 adults

Meat Broth Ingredients	Quantity
Lamb meat, medium pieces	300 g
Dried Qursan bread	200 g
Vegetable oil	100 ml
Tomato paste	30 g
Green beans	100 g
Water	1.7 L
Mixed spices	15 g
Tomato, diced	150 g
Onion, diced	300 g
Pumpkin, medium cubes	200 g
Eggplant, medium cubes	150 g
Zucchini, medium cubes	200 g
Salt	15 g

Kishnah (Sautéed Onion Mixture) Ingredients	Quantity
Ghee	60 g
Onion, diced	100 g
Mixed spices	5 g
Salt	2 g

Preparation Method

Preparing the Meat Broth:

1. Heat oil in a deep pot and sauté the onions over medium heat for 2 minutes.
2. Add the lamb, tomato paste, tomatoes, spices, and salt stir for 5 minutes.
3. Pour in the water and add the beans and zucchini; cook for 40 minutes.
4. Add pumpkin and eggplant, and simmer for another 10 minutes.

Preparing the Kishnah:

1. In a frying pan, melt the ghee and add the onions; sauté for 2 minutes.
2. Add the spices and salt, and stir for 3 minutes until thickened.

Assembling and Serving:

1. In a serving pot, pour a layer of broth with vegetables.
2. Break the dried Qursan bread and layer it over the broth; repeat until all are used.
3. Spread the Kishnah on top, cover, and simmer over low heat for 10 minutes.
4. Serve hot in a deep dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	554	13800	kJ
Energy (kcal)	132	3290	kcal
Moisture Content	72.5	1800	g
Total Protein	3.7	93	g
Total Nitrogen	0.6	15	g
Total Fat	7.5	188	g
Available Carbohydrates	10.3	257	g
Total Carbohydrates	14.3	356	g
Total sugars	1.03	26	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	4.1	103	g
Soluble Fibre	0.6	16	g
Insoluble Fibre	3.5	87	g
Ash Content	1.6	40	g
Cholesterol	15.7	389	mg
Saturated Fatty Acids	2.22	55	g
Monounsaturated Fatty Acids	2.42	60	g
Polyunsaturated Fatty Acids	2.73	68	g
Total Unsaturated Fat	5.15	128	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	2.68	67	g
Sum of Omega-9 (n-9)	2.35	59	g
Calcium	23	564	mg
Iron	1.10	27	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	25	627	mg
Phosphorus	73	1810	mg
Potassium	232	5780	mg
Sodium	422	10500	mg
Chloride	7	171	mg
Zinc	0.77	19	mg
Copper	0.100	2	mg
Manganese	0.457	11	mg
Selenium	-	-	µg
Iodine	25	622	µg
Vitamin A (as Retinol)	40	1003	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	1.8	45	mg
Vitamin K	6.2	154	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.9	46	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	5.3	133	µg
Vitamin B9 (Folic Acid)	71	1757	µg
Vitamin B12 (Cyanocobalamin)	1.0	25	µg

Recipe Name

Al-Jareesh

Approximately 4 adults

Ingredients	Quantity
Cracked wheat (washed and soaked for an hour)	500 g
Ghee	60 g
Ground cumin	8 g
Salt	15 g
Water	500 ml
Onion, finely chopped	100 g
Vegetable oil	100 ml
Laban	1.5 L

Preparation Method

1. In a pressure cooker over medium heat, add the chopped onions and vegetable oil, and sauté for 2 minutes.
2. Pour in the water, then add the cracked wheat and stir well.
3. Add 1 liter of laban, salt, and 5 g of cumin. Close the cooker and cook for an hour.
4. After that, add the remaining 0.5 liter of laban and the ghee, then stir in the remaining 2.5 g of cumin.
5. Return the pot to the heat and cook for an additional 30 minutes until fully done.
6. Serve hot in a deep dish and drizzle ghee on top for garnish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	680	16500	kJ
Energy (kcal)	163	3950	kcal
Moisture Content	66.0	1600	g
Total Protein	8.4	205	g
Total Nitrogen	1.4	33	g
Total Fat	7.4	180	g
Available Carbohydrates	14.0	340	g
Total Carbohydrates	17.3	421	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	3.7	91	g
Soluble Fibre	0.5	11	g
Insoluble Fibre	3.3	79	g
Ash Content	0.7	18	g
Cholesterol	12.7	308	mg
Saturated Fatty Acids	2.78	68	g
Monounsaturated Fatty Acids	2.03	49	g
Polyunsaturated Fatty Acids	2.44	59	g
Total Unsaturated Fat	4.47	109	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	2.38	58	g
Sum of Omega-9 (n-9)	1.93	47	g
Calcium	63	1540	mg
Iron	0.58	14	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	18	433	mg
Phosphorus	91	2210	mg
Potassium	161	3920	mg
Sodium	206	5000	mg
Chloride	4	88	mg
Zinc	0.53	13	mg
Copper	0.08	2	mg
Manganese	0.277	7	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	70	1702	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	1.8	44	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	0.6	15	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	5	122	µg
Vitamin B9 (Folic Acid)	26	632	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Margaouq

Approximately 4 adults

Meat and Vegetable Broth Ingredients	Quantity
Onion, finely chopped	100 g
Pumpkin, diced	100 g
Small zucchini, whole	100 g
Eggplant, diced	100 g
Green beans, chopped	50 g
Ground turmeric	2 g
Tomato paste	20 g
Tomato, blended	250 g
Lamb with bone, small pieces	400 g
Ghee	30 g
Water	2 L
Medium hot chili peppers	2 pieces
Dried black lime	2 pieces
Mixed spices	5 g
Salt	3 g
Ground black pepper	2 g

Dough Ingredients	Quantity
Whole wheat flour	300 g
Water	210 ml
Salt	2 g

Preparation Method

Preparing the dough:

1. In a deep bowl, combine whole wheat flour and salt. Gradually add water and knead by hand until a firm dough forms. Cover and let rest for an hour at room temperature.
2. Lightly dust a flat surface with flour to prevent sticking, divide the dough into medium-sized balls, cover, and let rest for 15 minutes.
3. Moisten hands with water and roll out each ball into large, thin circular sheets.

Preparing the Meat and Vegetable Broth:

1. In a deep pot, melt the ghee and sauté the onions over high heat for 2 minutes until softened.
2. Add the lamb and cook for 2 minutes, then add the blended tomatoes, tomato paste, mixed spices, turmeric, salt, black pepper, and dried black lime. Stir for 5 minutes over high heat.
3. Pour in the water and cook over medium heat for 45 minutes.
4. Once the meat is tender, add all vegetables and cook for another 30 minutes over medium heat.

Preparing the Margaouq:

1. In the same pot, gently add the rolled dough pieces one by one, covering the pot and cooking over high heat.
2. When the dough begins to puff and cook, make space in the pot to add the next piece. Repeat until all dough is used.
3. After adding the last piece, add the remaining raw onions, cover, and cook over low heat for 30 minutes.
4. Serve hot in a deep dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	412	9290	kJ
Energy (kcal)	98	2220	kcal
Moisture Content	75.2	1700	g
Total Protein	6.0	135	g
Total Nitrogen	1.0	22	g
Total Fat	2.5	57	g
Available Carbohydrates	10.3	233	g
Total Carbohydrates	16.0	361	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	5.7	128	g
Soluble Fibre	0.6	14	g
Insoluble Fibre	5.1	114	g
Ash Content	0.6	12	g
Cholesterol	15.0	338	mg
Saturated Fatty Acids	1.39	31	g
Monounsaturated Fatty Acids	0.79	18	g
Polyunsaturated Fatty Acids	0.27	6	g
Total Unsaturated Fat	1.07	24	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.24	5	g
Sum of Omega-9 (n-9)	0.75	17	g
Calcium	16	362	mg
Iron	1.33	30	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	27	603	mg
Phosphorus	68	1530	mg
Potassium	262	5910	mg
Sodium	165	3730	mg
Chloride	2	50	mg
Zinc	1.31	30	mg
Copper	0.187	4	mg
Manganese	0.720	16	mg
Selenium	10	226	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	1.1	24	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	4.0	91	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.00	23	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.3	53	µg
Vitamin B9 (Folic Acid)	43	970	µg
Vitamin B12 (Cyanocobalamin)	1.0	23	µg

Recipe Name

Khameer Qurs / Omar Qurs

Approximately 4 adults

Ingredients	Quantity
Whole wheat flour	400 g
Fresh cow's milk	330 ml
Ground ginger	2 g
Ground turmeric	6 g
Nigella seeds	6 g
Ground safflower	2 g
Ground cinnamon	2 g
Sugar	60 g
Vegetable oil	80 ml

Preparation Method

1. In a deep bowl, combine the milk with ginger, turmeric, black cumin seeds, safflower, cinnamon, and sugar. Mix thoroughly until well blended.
2. In another bowl, mix the flour with oil and rub by hand until combined. Gradually add the spiced milk mixture and knead by hand until a soft and cohesive dough forms. Let the dough rest for 30 minutes.
3. Lightly grease your hands with oil, divide the dough into small balls, and flatten each by hand or with a rolling pin into very thin, small discs.
4. Grease a griddle (ṣāj) lightly with oil and heat it over low flame for 5 minutes.
5. Place the discs on the griddle and cook until golden brown on both sides, about 4 minutes per side.
6. Serve hot in a flat dish. Consume dry.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1463	10600	kJ
Energy (kcal)	349	2540	kcal
Moisture Content	21.9	159	g
Total Protein	11.8	86	g
Total Nitrogen	1.9	14	g
Total Fat	11.2	81	g
Available Carbohydrates	45.3	330	g
Total Carbohydrates	54.7	397	g
Total sugars	8.6	63	g
Added Sugar	8.2	60	g
Total Dietary Fibre	9.3	67	g
Soluble Fibre	1.4	10	g
Insoluble Fibre	7.9	57	g
Ash Content	0.3	2	g
Cholesterol	5.67	41	mg
Saturated Fatty Acids	1.82	13	g
Monounsaturated Fatty Acids	2.92	21	g
Polyunsaturated Fatty Acids	6.35	46	g
Total Unsaturated Fat	9.27	67	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	6.3	46	g
Sum of Omega-9 (n-9)	2.89	21	g
Calcium	94	682	mg
Iron	2.36	17	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	85	615	mg
Phosphorus	217	1580	mg
Potassium	377	2740	mg
Sodium	75	547	mg
Chloride	2	13	mg
Zinc	1.67	12	mg
Copper	0.293	2	mg
Manganese	2.87	21	mg
Selenium	30	218	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	5.7	42	µg
Vitamin E (as a-Tocopherol)	1.0	7	mg
Vitamin K	4.0	29	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	1.3	9	mg
Vitamin B2	0.4	3	mg
Vitamin B3 (Total)	3.0	22	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	3.3	24	µg
Vitamin B9 (Folic Acid)	50	366	µg
Vitamin B12 (Cyanocobalamin)	1.7	12	µg

Recipe Name

Qishd

Approximately 4 adults

Ingredients	Quantity
Whole wheat flour	40 g
Butter	200 g
Khalas dates (maknooz)	400 g

Preparation Method

1. Place a frying pan over low heat, add the butter, and stir until completely melted (about 5 minutes).
2. Gradually add the whole wheat flour while stirring for about 7 minutes. Remove from heat and let the mixture rest until the butter separates from the date mixture.
3. After about 5 minutes, strain the butter and return the flour mixture to the pan over low heat. Add the dates (whole with pits) and stir while gently pressing for about 10 minutes until well combined.
4. Serve hot in a small deep bowl.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1600	8970	kJ
Energy (kcal)	382	2140	kcal
Moisture Content	17.5	98	g
Total Protein	3.1	17	g
Total Nitrogen	0.5	3	g
Total Fat	14.3	80	g
Available Carbohydrates	56.7	318	g
Total Carbohydrates	63.3	355	g
Total sugars	52.6	295	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	7.1	40	g
Soluble Fibre	0.2	1	g
Insoluble Fibre	6.9	39	g
Ash Content	1.5	8	g
Cholesterol	37.7	211	mg
Saturated Fatty Acids	8.11	45	g
Monounsaturated Fatty Acids	2.6	15	g
Polyunsaturated Fatty Acids	0.3	2	g
Total Unsaturated Fat	2.91	16	g
Trans-Fat (TFA)	0.42	2	g
Sum of Omega-3 (n-3)	0.16	1	g
Sum of Omega-6 (n-6)	0.21	1	g
Sum of Omega-9 (n-9)	2.66	15	g
Calcium	52	290	mg
Iron	0.80	4	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	59	328	mg
Phosphorus	80	451	mg
Potassium	619	3470	mg
Sodium	20	111	mg
Chloride	1	5	mg
Zinc	0.86	5	mg
Copper	0.403	2	mg
Manganese	0.363	2	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	113	636	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	1.2	7	mg
Vitamin K	4.3	24	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.1	6	mg
Vitamin B5	1.7	10	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	3.0	17	µg
Vitamin B9 (Folic Acid)	94	525	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Muhalla

Approximately 4 adults

Ingredients	Quantity
Whole wheat flour	500 g
Khalas dates (maknooz, pits removed)	400 g
Water	1.5 L
Ghee	100 g
Ground black pepper	5 g
Salt	1 g

Preparation Method

1. In a medium pot over high heat, place the dates with 1 L of water. Stir with a spoon and boil for 10 minutes until the dates dissolve. Add the remaining 0.5 L of water and continue stirring for another 5 minutes.
2. In a separate frying pan, toast the flour over low heat with continuous stirring for about 5 minutes until it takes on a light golden color.
3. Add half of the ground black pepper (2.5 g) to the date mixture, then gradually add the toasted flour while stirring with a hand whisk until the mixture thickens and becomes smooth. Add the salt and cook over low heat.
4. After an hour, add 10 g of ghee, cover the pot, and let it cook for another 30 minutes over low heat.
5. In another pan, melt the remaining ghee (90 g). To serve, pour a little ghee into the bottom of a deep serving dish, then scoop in layers of the Muhalla mixture. Pour the remaining ghee over the top and sprinkle the rest of the black pepper around the edges, placing a small amount of ghee in the center.
6. Serve in a deep dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	782	14200	kJ
Energy (kcal)	187	3380	kcal
Moisture Content	56.1	1020	g
Total Protein	4.9	88	g
Total Nitrogen	0.8	14	g
Total Fat	4.3	78	g
Available Carbohydrates	30.0	543	g
Total Carbohydrates	33.7	610	g
Total sugars	13.5	244	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	3.9	71	g
Soluble Fibre	0.9	17	g
Insoluble Fibre	3.0	54	g
Ash Content	0.9	16	g
Cholesterol	8.67	157	mg
Saturated Fatty Acids	2.69	49	g
Monounsaturated Fatty Acids	0.98	18	g
Polyunsaturated Fatty Acids	0.45	8	g
Total Unsaturated Fat	1.43	26	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.38	7	g
Sum of Omega-9 (n-9)	0.84	15	g
Calcium	25	451	mg
Iron	0.94	17	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	48	861	mg
Phosphorus	109	1980	mg
Potassium	262	4740	mg
Sodium	58	1060	mg
Chloride	1	21	mg
Zinc	1.18	21	mg
Copper	0.183	3	mg
Manganese	0.823	15	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	1.7	30	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	0.83	15	mg
Vitamin B5	0.40	7	mg
Vitamin B6	0.11	2	mg
Vitamin B7 (Biotin)	8.3	151	µg
Vitamin B9 (Folic Acid)	50	899	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Hamees

Approximately 4 adults

Ingredients	Quantity
Boneless lamb, cut into pieces	600 g
Ghee	40 g
Ground cumin	6 g
Salt	8 g
Water	600 ml
Onion, finely chopped	200 g
Ground black pepper	2 g
Mixed spices	6 g

Preparation Method

1. Place the ghee in a deep pot, add the lamb, and cook over medium heat for about 5 minutes until the meat releases its juices.
2. Add all the spices (cumin, black pepper, mixed spices) along with the salt, onion, and water. Stir well, then cover and simmer over low heat for about 60 minutes until the meat is tender and the sauce thickens.
3. Serve hot in a deep dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	794	6830	kJ
Energy (kcal)	190	1630	kcal
Moisture Content	65.9	567	g
Total Protein	9.4	81	g
Total Nitrogen	1.5	13	g
Total Fat	12.2	105	g
Available Carbohydrates	11.0	95	g
Total Carbohydrates	11.0	95	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	-	-	g
Soluble Fibre	0.2	1	g
Insoluble Fibre	-	-	g
Ash Content	1.7	14	g
Cholesterol	63.7	548	mg
Saturated Fatty Acids	6.57	57	g
Monounsaturated Fatty Acids	4.7	40	g
Polyunsaturated Fatty Acids	0.49	4	g
Total Unsaturated Fat	5.19	45	g
Trans-Fat (TFA)	0.41	4	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.4	3	g
Sum of Omega-9 (n-9)	4.31	37	g
Calcium	22	191	mg
Iron	1.17	10	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	22	186	mg
Phosphorus	137	1180	mg
Potassium	321	2760	mg
Sodium	388	3340	mg
Chloride	6	54	mg
Zinc	2.08	18	mg
Copper	0.067	1	mg
Manganese	-	-	mg
Selenium	17	143	µg
Iodine	39	333	µg
Vitamin A (as Retinol)	70	605	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	3.3	28	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	0.30	3	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	10	89	µg
Vitamin B9 (Folic Acid)	72	617	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Henaini Riyadh

Approximately 6 adults

Ingredients	Quantity
Whole wheat flour	700 g
Water	1.2 L
Dry qursan bread	500 g
Khalas dates (maknooz, pits removed)	740 g
Butter	400 g

Preparation Method

Preparation of Whole Wheat Bread:

1. In a deep bowl, place the whole wheat flour and gradually add water while kneading by hand until the batter becomes semi-liquid. Let it rest for 10 minutes.
2. Heat the griddle (ṣāj) over low flame for 10 minutes.
3. Pour a portion of the batter onto the griddle, spreading it into a thin, round sheet. Cook over high heat for 2 minutes, then flip and cook the other side for about 30 seconds.

Preparation of Henaini:

1. Grind the dry qursan bread in an electric grinder until fine.
2. In a deep bowl, combine the butter, dates, and ground qursan.
3. Tear the whole wheat bread into small pieces and add to the mixture, mixing well by hand until fully combined.
4. Transfer the mixture to a deep pot and cook over medium heat, stirring continuously for about 8 minutes until the mixture thickens and becomes uniform.
5. Serve hot in a flat dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1340	37800	kJ
Energy (kcal)	320	9010	kcal
Moisture Content	27.8	782	g
Total Protein	6.4	181	g
Total Nitrogen	1.0	29	g
Total Fat	10.2	288	g
Available Carbohydrates	46.3	1310	g
Total Carbohydrates	54.3	1530	g
Total sugars	19.7	556	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	8.0	225	g
Soluble Fibre	0.8	23	g
Insoluble Fibre	7.2	202	g
Ash Content	1.2	34	g
Cholesterol	29.3	827	mg
Saturated Fatty Acids	7.21	203	g
Monounsaturated Fatty Acids	2.12	60	g
Polyunsaturated Fatty Acids	0.57	16	g
Total Unsaturated Fat	2.69	76	g
Trans-Fat (TFA)	0.31	9	g
Sum of Omega-3 (n-3)	0.14	4	g
Sum of Omega-6 (n-6)	0.42	12	g
Sum of Omega-9 (n-9)	1.81	51	g
Calcium	41	1160	mg
Iron	2.17	61	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	75	2110	mg
Phosphorus	160	4520	mg
Potassium	388	10900	mg
Sodium	115	3250	mg
Chloride	2	57	mg
Zinc	1.97	55	mg
Copper	0.397	11	mg
Manganese	1.16	33	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	100	2818	µg
Beta-carotene	-	-	µg
Vitamin D	2.6	74	µg
Vitamin E (as a-Tocopherol)	0.8	22	mg
Vitamin K	2.7	75	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	0.31	9	mg
Vitamin B3 (Total)	1.5	42	mg
Vitamin B5	0.60	17	mg
Vitamin B6	0.37	10	mg
Vitamin B7 (Biotin)	4.0	113	µg
Vitamin B9 (Folic Acid)	38	1061	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Shaa'thah

Approximately 4 adults

Ingredients	Quantity
Khalas dates	500 g
Ground dried yogurt (Iqt)	157 g
Ghee	217 g
Ghee (for garnish)	18 g
Ground dried yogurt (Iqt) (for garnish)	11 g

Preparation Method

1. In a deep bowl, mix the iqt with the dates and knead by hand until the mixture becomes cohesive and semi-soft. Add the ghee and continue kneading for about 5 minutes until the date pits begin to separate.
2. Place the mixture in a serving dish, forming a shallow center. Pour the ghee for garnish into the middle and sprinkle the reserved ground iqt on top.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1563	12900	kJ
Energy (kcal)	373	3090	kcal
Moisture Content	16.1	134	g
Total Protein	9.7	80	g
Total Nitrogen	1.5	13	g
Total Fat	14.5	120	g
Available Carbohydrates	45.3	375	g
Total Carbohydrates	57.0	472	g
Total sugars	50.0	414	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	11.8	97	g
Soluble Fibre	0.5	4	g
Insoluble Fibre	18.4	153	g
Ash Content	2.7	22	g
Cholesterol	31.7	262	mg
Saturated Fatty Acids	10.1	83	g
Monounsaturated Fatty Acids	3.46	29	g
Polyunsaturated Fatty Acids	0.44	4	g
Total Unsaturated Fat	3.91	32	g
Trans-Fat (TFA)	0.48	4	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.29	2	g
Sum of Omega-9 (n-9)	2.87	24	g
Calcium	312	2580	mg
Iron	1.02	8	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	64	530	mg
Phosphorus	256	2120	mg
Potassium	739	6120	mg
Sodium	108	891	mg
Chloride	2	20	mg
Zinc	0.92	8	mg
Copper	0.200	2	mg
Manganese	0.115	1	mg
Selenium	-	-	µg
Iodine	26	218	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	1.8	15	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	2.6	21	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	0.72	6	mg
Vitamin B5	1.3	11	mg
Vitamin B6	0.03	0	mg
Vitamin B7 (Biotin)	4.0	33	µg
Vitamin B9 (Folic Acid)	142	1179	µg
Vitamin B12 (Cyanocobalamin)	1.7	14	µg

Recipe Name

Makhameer

Approximately 4 adults

Dough Ingredients	Quantity
Whole wheat flour	500 g
Fresh milk	483 ml
Yeast	5 g
Melted butter	30 g
Sugar	3 g
Salt	1 g

Liquid Mixture Ingredients	Quantity
Fresh milk	400 ml
Onion, finely chopped	50 g
Butter	30 g
Ground black pepper	1 g
Salt	1 g

Preparation Method

Preparation of Dough:

1. In a deep bowl, mix the milk, butter, salt, yeast, sugar, and flour. Knead by hand until a soft, cohesive dough forms. Cover and let it rest in a warm place for 15 minutes.
2. Heat the griddle (ṣāj) over high flame for 5 minutes.
3. Lightly oil your hands, shape the dough into small, slightly flattened balls, and place them on the griddle over low heat for 5 minutes. Flip and cook for another 5 minutes until golden and cooked through.

Preparation of Liquid Mixture:

1. In a small pot over medium heat, melt the butter and add the onion. Stir for a minute.
2. Add the salt and black pepper, stirring for 3 minutes.
3. Pour in the milk and bring to a boil for about 5 minutes.

Serving:

Arrange the makhameer in a deep serving dish, pour the hot liquid mixture over them, and let it sit for 5 minutes to absorb the sauce. Then, serve warm in a deep dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	858	11200	kJ
Energy (kcal)	205	2680	kcal
Moisture Content	49.6	649	g
Total Protein	8.5	112	g
Total Nitrogen	1.4	18	g
Total Fat	4.5	59	g
Available Carbohydrates	28.3	371	g
Total Carbohydrates	36.0	471	g
Total sugars	6.2	82	g
Added Sugar	-	-	g
Total Dietary Fibre	7.6	99	g
Soluble Fibre	0.9	12	g
Insoluble Fibre	6.6	87	g
Ash Content	1.3	16	g
Cholesterol	10.0	131	mg
Saturated Fatty Acids	2.68	35	g
Monounsaturated Fatty Acids	1.06	14	g
Polyunsaturated Fatty Acids	0.67	9	g
Total Unsaturated Fat	1.73	23	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.61	8	g
Sum of Omega-9 (n-9)	0.95	12	g
Calcium	98	1290	mg
Iron	1.30	17	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	79	1030	mg
Phosphorus	245	3210	mg
Potassium	357	4670	mg
Sodium	117	1540	mg
Chloride	2	27	mg
Zinc	1.86	24	mg
Copper	0.213	3	mg
Manganese	0.830	11	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	4.4	57	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.36	5	mg
Vitamin B2	0.22	3	mg
Vitamin B3 (Total)	7.4	96	mg
Vitamin B5	1.3	17	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	3.0	39	µg
Vitamin B9 (Folic Acid)	59	776	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Makkah
Al Mukarramah

Bukhari rice with meat 36

Jubniyah fullah 48

Miro Kabab 60

Savory Mutabbaq with Chicken 72

Bukhari rice with chicken 38

Al-Saleeg with chicken 50

Mushabbak 62

Ma'soub 74

Al-Thareef 40

Al-Saleeg with meat 52

Musharmal 64

Ma'amoul 76

Khawadhah (Saweeq) 42

Fried fish 54

Sweet banana Muttabaq 66

Meat Mantu 78

Aish Laham 44

Whole wheat Aseeda 56

Sweet cheese Muttabaq 68

Aish Dajaj 46

White Flour Aseedah 58

Savoury Muttabaq with Meat 70

Recipe Name

Bukhari Rice with Meat

Approximately 4 adults

Ingredients	Quantity
Lamb, cut into medium pieces	365 g
Carrot, thinly julienned	320 g
Tomato, cut into medium pieces	350 g
Long-grain rice, washed	470 g
Ground cumin	1 g
Onion, sliced	70 g
Vegetable oil	150 ml
Water	1.5 L
Salt	14 g

Preparation Method

1. Heat the oil in a medium-sized pot over high heat for two minutes.
2. Add the lamb and onion, stirring for about five minutes until the onion softens and the meat turns brown.
3. Add the cumin, salt, and tomatoes, and stir for about five minutes until well combined.
4. Add the carrots, reduce the heat to low, cover the pot, and let cook for 10 minutes.
5. Pour in the water and boil over high heat for about five minutes, then lower the heat and simmer for 45 minutes.
6. Add the rice, cover the pot, and cook for 30 minutes until fully cooked.
7. Serve hot in a flat dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	680	16300	kJ
Energy (kcal)	163	3910	kcal
Moisture Content	69.4	1670	g
Total Protein	5.1	123	g
Total Nitrogen	0.8	19	g
Total Fat	8.1	194	g
Available Carbohydrates	17.3	416	g
Total Carbohydrates	17.3	416	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	-	-	g
Soluble Fibre	-	-	g
Insoluble Fibre	0.3	6	g
Ash Content	0.1	3	g
Cholesterol	9.0	216	mg
Saturated Fatty Acids	1.82	44	g
Monounsaturated Fatty Acids	2.66	64	g
Polyunsaturated Fatty Acids	3.49	84	g
Total Unsaturated Fat	6.15	148	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	3.46	83	g
Sum of Omega-9 (n-9)	2.59	62	g
Calcium	14	335	mg
Iron	0.43	10	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	9	219	mg
Phosphorus	46	1090	mg
Potassium	151	3630	mg
Sodium	313	7530	mg
Chloride	5	112	mg
Zinc	0.59	14	mg
Copper	0.100	2	mg
Manganese	-	-	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	1567	37631	µg
Vitamin D	1.0	25	µg
Vitamin E (as a-Tocopherol)	1.7	42	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	0.84	20	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	3.0	72	µg
Vitamin B9 (Folic Acid)	70	1681	µg
Vitamin B12 (Cyanocobalamin)	1.0	24	µg

Recipe Name

Bukhari Rice with Chicken

Approximately 4 adults

Ingredients	Quantity
Chicken, cut into medium pieces	365 g
Carrot, thinly julienned	320 g
Tomato, cut into medium pieces	350 g
Long-grain rice, washed	470 g
Ground cumin	1 g
Onion, sliced	70 g
Oil	150 ml
Water	1.5 L
Salt	14 g

Preparation Method

1. Heat the oil in a medium-sized pot over high heat for two minutes.
2. Add the chicken and onion, stirring for about five minutes until the onion softens and the chicken turns light brown.
3. Add the cumin, salt, and tomatoes, and stir for about five minutes until well combined.
4. Add the carrots, reduce the heat to low, cover the pot, and let cook for 10 minutes.
5. Pour in the water and boil over high heat for about five minutes, then lower the heat and simmer for 25 minutes.
6. Add the rice, cover the pot, and cook for 30 minutes until fully cooked.
7. Serve hot in a flat dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	541	13100	kJ
Energy (kcal)	129	3130	kcal
Moisture Content	74.6	1810	g
Total Protein	5.7	138	g
Total Nitrogen	0.9	22	g
Total Fat	5.6	136	g
Available Carbohydrates	14.0	340	g
Total Carbohydrates	14.0	340	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	-	-	g
Soluble Fibre	0.6	14	g
Insoluble Fibre	2.4	58	g
Ash Content	0.2	6	g
Cholesterol	10.7	259	mg
Saturated Fatty Acids	0.77	19	g
Monounsaturated Fatty Acids	1.74	42	g
Polyunsaturated Fatty Acids	3.07	75	g
Total Unsaturated Fat	4.81	117	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	3.05	74	g
Sum of Omega-9 (n-9)	1.68	41	g
Calcium	12	291	mg
Iron	0.43	10	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	8	205	mg
Phosphorus	49	1200	mg
Potassium	139	3370	mg
Sodium	224	5440	mg
Chloride	4	108	mg
Zinc	0.45	11	mg
Copper	0.103	3	mg
Manganese	-	-	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	1000	24300	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	2.3	56	mg
Vitamin K	3.4	83	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	2.0	48	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.0	49	µg
Vitamin B9 (Folic Acid)	101	2446	µg
Vitamin B12 (Cyanocobalamin)	2.0	49	µg

Recipe Name

Al-Thareef

Approximately 4 adults

Ingredients	Quantity
Millet flour	660 g
Salt	2 g
Honey (for garnish)	30 g
Hot milk	700 ml
Water	500 ml
Ghee (for garnish)	20 g

Preparation Method

1. Place the millet flour in a deep bowl, add the salt, and stir until well combined.
2. Gradually add the water and knead until a cohesive dough forms, then let it rest for about three minutes.
3. Spread the dough on a hot griddle (ṣāj) over medium heat and cook for 10 minutes, then flip and cook the other side until fully cooked.
4. Remove and place on a flat dish to cool slightly, then crumble into medium-sized pieces.
5. Transfer to a deep serving bowl, pour the hot milk over, and garnish with ghee and honey. Serve warm in a deep dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	761	12600	kJ
Energy (kcal)	181	3010	kcal
Moisture Content	54.1	898	g
Total Protein	6.8	113	g
Total Nitrogen	1.1	18	g
Total Fat	3.0	50	g
Available Carbohydrates	28.3	470	g
Total Carbohydrates	35.0	581	g
Total sugars	1.9	31	g
Added Sugar	1.8	30	g
Total Dietary Fibre	7.2	120	g
Soluble Fibre	0.8	13	g
Insoluble Fibre	6.4	107	g
Ash Content	0.8	14	g
Cholesterol	4.33	72	mg
Saturated Fatty Acids	1.19	20	g
Monounsaturated Fatty Acids	0.82	14	g
Polyunsaturated Fatty Acids	0.97	16	g
Total Unsaturated Fat	1.79	30	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.91	15	g
Sum of Omega-9 (n-9)	0.79	13	g
Calcium	52	870	mg
Iron	1.89	31	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	67	1120	mg
Phosphorus	196	3250	mg
Potassium	301	5000	mg
Sodium	83	1370	mg
Chloride	2	27	mg
Zinc	1.19	20	mg
Copper	0.257	4	mg
Manganese	0.617	10	mg
Selenium	23	387	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.1	18	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	4.0	66	µg
Vitamin B9 (Folic Acid)	73	1212	µg
Vitamin B12 (Cyanocobalamin)	1.0	17	µg

Recipe Name

Khawadhah (Saweeq)

Approximately 4 adults

Ingredients	Quantity
Finely ground millet flour	30 g
Ghee	15 ml
Dates	(optional)

Preparation Method

1. Melt the ghee, then place it in a deep bowl and add the millet flour. Mix well until fully combined.
2. Serve warm in a small deep bowl with dates and Saudi coffee.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	2073	918	kJ
Energy (kcal)	495	219	kcal
Moisture Content	10.6	5	g
Total Protein	8.5	4	g
Total Nitrogen	1.4	1	g
Total Fat	33.5	15	g
Available Carbohydrates	42.7	19	g
Total Carbohydrates	48.7	22	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	5.9	3	g
Soluble Fibre	0.8	0	g
Insoluble Fibre	5.1	2	g
Ash Content	1.1	0	g
Cholesterol	71.3	32	mg
Saturated Fatty Acids	19.9	9	g
Monounsaturated Fatty Acids	7.32	3	g
Polyunsaturated Fatty Acids	2.45	1	g
Total Unsaturated Fat	9.77	4	g
Trans-Fat (TFA)	1.55	1	g
Sum of Omega-3 (n-3)	0.38	0.2	g
Sum of Omega-6 (n-6)	2.06	1	g
Sum of Omega-9 (n-9)	6.5	3	g
Calcium	15	7	mg
Iron	2.97	1	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	100	44	mg
Phosphorus	256	114	mg
Potassium	332	147	mg
Sodium	33	15	mg
Chloride	1	0	mg
Zinc	2.22	1	mg
Copper	0.377	0	mg
Manganese	0.927	0	mg
Selenium	57	25	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	170	75	µg
Beta-carotene	-	-	µg
Vitamin D	1.0	0	µg
Vitamin E (as a-Tocopherol)	0.8	0	mg
Vitamin K	3.4	2	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.50	0	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	0.44	0	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.0	1	µg
Vitamin B9 (Folic Acid)	115	51	µg
Vitamin B12 (Cyanocobalamin)	1.0	0	µg

Recipe Name

Aish Laham

Approximately 6 adults

Dough Ingredients	Quantity
White flour	400 g
Milk powder	67 g
Nigella seeds	1 g
Aish Laham spices	8 g
Salt	7 g
Yeast	3 g
Ghee	67 g
Water	240 ml
Oil (for greasing)	3 ml

Filling Ingredients	Quantity
Ground beef	293 g
Water (for tahini)	300 ml
Beaten egg	1 piece
Salt	7 g
Onion, finely chopped	133 g
Leek, finely chopped	133 g
Tahini	400 g
Black vinegar	8 ml
Sesame seeds (for garnish)	1 g

Preparation Method

Preparation of Dough:

1. In a deep bowl, combine the flour, milk powder, nigella seeds, Aish Laham spices, yeast, and salt. Mix by hand, then gradually add the ghee and rub until fully incorporated.
2. Gradually add the water while kneading until a cohesive dough forms. Cover and let it rise for 30-45 minutes or until it doubles in size.
3. Lightly grease a baking tray with oil, spread the dough evenly with raised edges, and leave it for an additional 15 minutes to rise.

Preparation of Filling:

1. Place the minced beef in a frying pan over high heat, then add the onion and salt. Stir for about 10 minutes until the onion softens and the meat is fully cooked.
2. To prepare the tahini sauce, mix the vinegar with the tahini, then gradually add water until the mixture becomes semi-liquid. Add the sauce to the cooked meat in a bowl, then mix in the leek and half of the beaten egg. Stir until well combined.

Baking and Serving:

1. Spread the filling evenly inside the dough, keeping the edges raised to hold the mixture. Brush the edges with the remaining beaten egg and sprinkle sesame seeds on top as desired.
2. Bake in a preheated oven at 150 °C for 40 minutes.
3. Serve hot in a flat dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1323	21000	kJ
Energy (kcal)	316	5010	kcal
Moisture Content	38.3	607	g
Total Protein	13.6	216	g
Total Nitrogen	2.2	35	g
Total Fat	18.5	294	g
Available Carbohydrates	20.7	327	g
Total Carbohydrates	27.7	438	g
Total sugars	2.6	41	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	7.2	115	g
Soluble Fibre	1.0	16	g
Insoluble Fibre	6.2	98	g
Ash Content	1.7	28	g
Cholesterol	29.3	465	mg
Saturated Fatty Acids	5.42	86	g
Monounsaturated Fatty Acids	7.07	112	g
Polyunsaturated Fatty Acids	5.85	93	g
Total Unsaturated Fat	12.9	205	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	0.11	2	g
Sum of Omega-6 (n-6)	5.73	91	g
Sum of Omega-9 (n-9)	6.98	111	g
Calcium	46	727	mg
Iron	2.43	38	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	86	1360	mg
Phosphorus	211	3340	mg
Potassium	294	4660	mg
Sodium	311	4920	mg
Chloride	5	85	mg
Zinc	2.15	34	mg
Copper	0.517	8	mg
Manganese	0.370	6	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	3.0	48	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	9.9	157	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	0.16	3	mg
Vitamin B3 (Total)	4.6	73	mg
Vitamin B5	-	-	mg
Vitamin B6	2.1	33	mg
Vitamin B7 (Biotin)	1.0	16	µg
Vitamin B9 (Folic Acid)	24	375	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Aish Dajaj

Approximately 6 adults

Dough Ingredients	Quantity
White flour	400 g
Milk powder	67 g
Nigella seeds	1 g
Aish Laham spices	8 g
Salt	7 g
Yeast	3 g
Ghee	67 g
Water	240 ml
Oil (for greasing)	3 ml

Filling Ingredients	Quantity
Minced chicken	294 g
Water (for tahini)	300 ml
Beaten egg	1 piece
Salt	7 g
Onion, finely chopped	133 g
Leek, finely chopped	133 g
Tahini	400 g
Black vinegar	8 ml
Sesame seeds (for garnish)	1 g

Preparation Method

Preparation of Dough:

1. In a deep bowl, combine the flour, milk powder, nigella seeds, Aish Laham spices, yeast, and salt. Mix by hand, then gradually add the ghee and rub until fully incorporated.
2. Gradually add the water while kneading until a cohesive dough forms. Cover and let it rise for 30-45 minutes or until it doubles in size.
3. Lightly grease a baking tray with oil, spread the dough evenly with raised edges, and leave it for an additional 15 minutes to rise.

Preparation of Filling:

1. Place the minced chicken in a frying pan over high heat, then add the onion and salt. Stir for about 10 minutes until the onion softens and the chicken is fully cooked.
2. To prepare the tahini sauce, mix the vinegar with the tahini, then gradually add water until the mixture becomes semi-liquid. Add the sauce to the cooked chicken in a bowl, then mix in the leek and half of the beaten egg. Stir until well combined.

Baking and Serving:

1. Spread the filling evenly inside the dough, keeping the edges raised to hold the mixture. Brush the edges with the remaining beaten egg and sprinkle sesame seeds on top as desired.
2. Bake in a preheated oven at 150 °C for 40 minutes.
3. Serve hot in a flat dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1193	20500	kJ
Energy (kcal)	285	4890	kcal
Moisture Content	42.7	733	g
Total Protein	13.1	225	g
Total Nitrogen	2.1	36	g
Total Fat	15.4	264	g
Available Carbohydrates	20.3	349	g
Total Carbohydrates	27.3	469	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	6.7	115	g
Soluble Fibre	0.4	7	g
Insoluble Fibre	6.3	108	g
Ash Content	1.7	29	g
Cholesterol	29.7	509	mg
Saturated Fatty Acids	4.16	71	g
Monounsaturated Fatty Acids	5.97	103	g
Polyunsaturated Fatty Acids	5.11	88	g
Total Unsaturated Fat	11.1	190	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	0.1	2	g
Sum of Omega-6 (n-6)	4.99	86	g
Sum of Omega-9 (n-9)	5.86	101	g
Calcium	51	880	mg
Iron	2.86	49	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	88	1510	mg
Phosphorus	210	3600	mg
Potassium	313	5380	mg
Sodium	310	5330	mg
Chloride	5	86	mg
Zinc	1.66	28	mg
Copper	0.470	8	mg
Manganese	0.440	8	mg
Selenium	-	-	µg
Iodine	30	515	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	2.3	39	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	6.4	109	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	0.27	5	mg
Vitamin B3 (Total)	3.7	63	mg
Vitamin B5	0.64	11	mg
Vitamin B6	1.7	30	mg
Vitamin B7 (Biotin)	6.0	103	µg
Vitamin B9 (Folic Acid)	78	1334	µg
Vitamin B12 (Cyanocobalamin)	2.0	34	µg

Recipe Name

Jubniyah Fullah

Approximately 4 adults

Fullah Ingredients	Quantity
Local sheep cheese	80 g
Oil (for frying)	As needed
Baking powder	5 g
Ground cardamom	2 g
Ghee	20 g
White flour	80 g

Syrup Ingredients	Quantity
Water	200 ml
Fine sugar	400 g

Preparation Method

Preparation of Syrup:

1. In a small pot over high heat, combine the sugar and water, stirring with a spoon for about 15-17 minutes until the mixture thickens to a syrup consistency.
2. Remove from heat and pour the syrup into a side dish to cool.

Preparation of Fullah:

1. In a deep bowl, combine the cheese, cardamom, ghee, flour, and baking powder. Knead by hand until a cohesive dough forms. Cover and let rest for 15 minutes.
2. Roll out the dough with a rolling pin to about 2 cm thickness, then cut into equal-sized round discs using a small coffee cup.
3. Pour oil into a deep-frying pan until it reaches about halfway up the sides, and heat it over high flame for about 10 minutes.
4. Fry the discs in the hot oil for about two minutes until golden brown, then flip and fry the other side for another two minutes. Drain from the oil and immediately dip in the prepared syrup.
5. Serve the Jubniyah Fullah hot in a flat dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1743	6320	kJ
Energy (kcal)	417	1510	kcal
Moisture Content	18.3	66	g
Total Protein	5.6	20	g
Total Nitrogen	0.9	3	g
Total Fat	19.9	72	g
Available Carbohydrates	53.0	192	g
Total Carbohydrates	54.3	197	g
Total sugars	32.8	119	g
Added Sugar	32.8	119	g
Total Dietary Fibre	1.7	6	g
Soluble Fibre	0.6	2	g
Insoluble Fibre	1.1	4	g
Ash Content	1.6	6	g
Cholesterol	22.7	82	mg
Saturated Fatty Acids	5.25	19	g
Monounsaturated Fatty Acids	5.07	18	g
Polyunsaturated Fatty Acids	9.24	34	g
Total Unsaturated Fat	14.3	52	g
Trans-Fat (TFA)	0.37	1	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	9.19	33	g
Sum of Omega-9 (n-9)	4.9	18	g
Calcium	87	316	mg
Iron	1.45	5	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	14	51	mg
Phosphorus	222	804	mg
Potassium	92	332	mg
Sodium	525	1910	mg
Chloride	5	20	mg
Zinc	0.94	3	mg
Copper	0.147	1	mg
Manganese	0.407	1	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	2.7	10	µg
Vitamin E (as a-Tocopherol)	0.7	3	mg
Vitamin K	1.2	4	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	0.60	2	mg
Vitamin B3 (Total)	1.3	5	mg
Vitamin B5	3.5	13	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	3.0	11	µg
Vitamin B9 (Folic Acid)	49	178	µg
Vitamin B12 (Cyanocobalamin)	1.7	6	µg

Recipe Name

Al-Saleeg with Chicken

Approximately 4 adults

Ingredients	Quantity
Egyptian rice, washed	320 g
Mastic	4 g
Chicken	660 g
Salt	20 g
Boiling water	1.2 L

Preparation Method

1. Pour the boiling water into a medium-sized pot over medium heat, then add the chicken, 1 g of mastic, and salt. Boil for about 20 minutes.
2. Skim off the foam that forms on the surface using a spoon, then cover the pot and simmer for about five minutes until the chicken is cooked.
3. Remove the chicken from the pot, add the rice to the broth, cover, and cook for 30 minutes until the rice is fully cooked.
4. In a small frying pan, melt the ghee with the remaining mastic (3 g) over medium heat for a minute.
5. Place the rice on a flat serving dish, arrange the chicken on top, and drizzle the ghee and mastic mixture over the surface.
6. Serve hot in a flat dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	610	9160	kJ
Energy (kcal)	146	2190	kcal
Moisture Content	67.5	1010	g
Total Protein	8.3	125	g
Total Nitrogen	1.3	20	g
Total Fat	4.2	64	g
Available Carbohydrates	18.3	275	g
Total Carbohydrates	18.3	275	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	-	-	g
Soluble Fibre	-	-	g
Insoluble Fibre	-	-	g
Ash Content	1.6	24	g
Cholesterol	25.7	385	mg
Saturated Fatty Acids	1.98	30	g
Monounsaturated Fatty Acids	1.55	23	g
Polyunsaturated Fatty Acids	0.7	11	g
Total Unsaturated Fat	2.25	34	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.66	10	g
Sum of Omega-9 (n-9)	1.4	21	g
Calcium	9	129	mg
Iron	0.25	4	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	12	178	mg
Phosphorus	81	1220	mg
Potassium	166	2490	mg
Sodium	542	8140	mg
Chloride	9	137	mg
Zinc	0.62	9	mg
Copper	0.063	1	mg
Manganese	0.143	2	mg
Selenium	-	-	µg
Iodine	44	665	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	10	150	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	3.5	53	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.0	30	µg
Vitamin B9 (Folic Acid)	64	961	µg
Vitamin B12 (Cyanocobalamin)	1.0	15	µg

Recipe Name

Al-Saleeg with Meat

Approximately 4 adults

Ingredients	Quantity
Egyptian rice, washed	320 g
Mastic	4 g
Lamb ghee	40 g
Lamb with bone, cut into large pieces	660 g
Salt	20 g
Boiling water	1.2 L

Preparation Method

1. Pour the boiling water into a medium-sized pot over medium heat, then add the meat, 1 g of mastic, and salt. Boil for about 20 minutes.
2. Skim off the foam that forms on the surface using a spoon, then cover the pot and simmer for 45 minutes until the meat is tender.
3. Remove the meat from the pot, add the rice to the broth, cover, and cook for 30 minutes until the rice is fully cooked.
4. In a small frying pan, melt the ghee with the remaining mastic (3 g) over medium heat for a minute.
5. Place the rice on a flat serving dish, arrange the meat on top, and drizzle the ghee and mastic mixture over the surface.
6. Serve hot in a flat dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	885	12400	kJ
Energy (kcal)	212	2970	kcal
Moisture Content	58.8	824	g
Total Protein	6.6	93	g
Total Nitrogen	1.1	15	g
Total Fat	10.8	151	g
Available Carbohydrates	21.7	304	g
Total Carbohydrates	21.7	304	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	-	-	g
Soluble Fibre	-	-	g
Insoluble Fibre	-	-	g
Ash Content	1.8	25	g
Cholesterol	30.3	425	mg
Saturated Fatty Acids	6.06	85	g
Monounsaturated Fatty Acids	3.84	54	g
Polyunsaturated Fatty Acids	0.46	6	g
Total Unsaturated Fat	4.3	60	g
Trans-Fat (TFA)	0.40	6	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.37	5	g
Sum of Omega-9 (n-9)	3.56	50	g
Calcium	13	176	mg
Iron	0.39	5	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	9	124	mg
Phosphorus	68	949	mg
Potassium	117	1630	mg
Sodium	584	8180	mg
Chloride	8.81	123	mg
Zinc	1.41	20	mg
Copper	0.100	1	mg
Manganese	-	-	mg
Selenium	-	-	µg
Iodine	45	630	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	3.8	53	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	0.50	7	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.0	28	µg
Vitamin B9 (Folic Acid)	94	1312	µg
Vitamin B12 (Cyanocobalamin)	2.0	28	µg

Recipe Name

Fried Fish

Approximately 4 adults

Ingredients	Quantity
Whole Najel fish	1.2 kg
Ground dried coriander	4 g
Ground cumin	4 g
Citric acid	2 g
Salt	2 g
Oil (for frying)	As needed

Preparation Method

1. Heat the oil in a deep-frying pan until it reaches about halfway up the sides, and heat over high flame for about 10 minutes.
2. Place the whole fish in the hot oil and turn occasionally using a spoon until golden brown, about 20 minutes.
3. Remove the fish from the oil and sprinkle with cumin, coriander, salt, and citric acid.
4. Serve hot in a flat dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	667	5650	kJ
Energy (kcal)	159	1350	kcal
Moisture Content	64.1	543	g
Total Protein	27.7	234	g
Total Nitrogen	4.4	37	g
Total Fat	4.2	36	g
Available Carbohydrates	2.0	17	g
Total Carbohydrates	2.0	17	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	-	-	g
Soluble Fibre	-	-	g
Insoluble Fibre	-	-	g
Ash Content	1.7	14	g
Cholesterol	69.7	590	mg
Saturated Fatty Acids	0.83	7	g
Monounsaturated Fatty Acids	1.21	10	g
Polyunsaturated Fatty Acids	2.15	18	g
Total Unsaturated Fat	3.36	28	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	0.28	2	g
Sum of Omega-6 (n-6)	1.86	16	g
Sum of Omega-9 (n-9)	1.14	10	g
Calcium	43	360	mg
Iron	-	-	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	32	274	mg
Phosphorus	215	1820	mg
Potassium	387	3270	mg
Sodium	100	844	mg
Chloride	2	14	mg
Zinc	0.82	7	mg
Copper	0.063	1	mg
Manganese	-	-	mg
Selenium	73	621	µg
Iodine	67	567	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	3.3	28	µg
Vitamin E (as a-Tocopherol)	1.0	8	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	3.0	25	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	-	-	µg
Vitamin B9 (Folic Acid)	35	296	µg
Vitamin B12 (Cyanocobalamin)	2.0	17	µg

Recipe Name

Whole Wheat Aseedah

Approximately 4 adults

Ingredients	Quantity
Whole wheat flour	100 g
Khalas dates (pits removed)	500 g
Ghee	80 g
Ground cardamom	4 g
Water	800 ml

Preparation Method

1. In a medium pot over low heat, combine the flour and ghee, stirring with a hand whisk for a minute until well blended.
2. Add the cardamom and dates, and stir for about two minutes until evenly mixed.
3. Gradually pour in the water while stirring continuously for about five minutes until the mixture thickens and reaches a smooth consistency.
4. Serve at room temperature in a deep dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	743	10400	kJ
Energy (kcal)	177	2470	kcal
Moisture Content	59.0	824	g
Total Protein	1.6	22	g
Total Nitrogen	0.2	3	g
Total Fat	5.1	72	g
Available Carbohydrates	28.7	400	g
Total Carbohydrates	33.7	470	g
Total sugars	25.9	361	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	4.6	64	g
Soluble Fibre	0.5	7	g
Insoluble Fibre	4.0	56	g
Ash Content	0.9	13	g
Cholesterol	8.67	121	mg
Saturated Fatty Acids	3.46	48	g
Monounsaturated Fatty Acids	1.16	16	g
Polyunsaturated Fatty Acids	0.39	5	g
Total Unsaturated Fat	1.55	22	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	0.09	1	g
Sum of Omega-6 (n-6)	0.3	4	g
Sum of Omega-9 (n-9)	0.92	13	g
Calcium	27	377	mg
Iron	0.46	6	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	37	510	mg
Phosphorus	50	704	mg
Potassium	303	4220	mg
Sodium	9	129	mg
Chloride	1	17	mg
Zinc	0.55	8	mg
Copper	0.153	2	mg
Manganese	0.423	6	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	0.6	8	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.05	1	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	0.40	6	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.7	37	µg
Vitamin B9 (Folic Acid)	33	456	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

White Flour Aseedah

Approximately 4 adults

Ingredients	Quantity
White flour	100 g
Khalas dates (pits removed)	500 g
Ghee	80 g
Ground cardamom	4 g
Water	800 ml

Preparation Method

1. In a medium pot over low heat, combine the flour and ghee, stirring with a hand whisk for a minute until well blended.
2. Add the cardamom and dates, and stir for about two minutes until evenly mixed.
3. Gradually pour in the water while stirring continuously for about five minutes until the mixture thickens and reaches a smooth consistency.
4. Serve at room temperature in a deep dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	582	8160	kJ
Energy (kcal)	139	1950	kcal
Moisture Content	68.3	958	g
Total Protein	1.2	17	g
Total Nitrogen	0.2	3	g
Total Fat	4.3	61	g
Available Carbohydrates	21.7	304	g
Total Carbohydrates	25.7	360	g
Total sugars	26.4	370	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	3.9	54	g
Soluble Fibre	0.4	5	g
Insoluble Fibre	3.5	49	g
Ash Content	0.5	7	g
Cholesterol	11.3	159	mg
Saturated Fatty Acids	3.03	42	g
Monounsaturated Fatty Acids	0.94	13	g
Polyunsaturated Fatty Acids	0.28	4	g
Total Unsaturated Fat	1.21	17	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.22	3	g
Sum of Omega-9 (n-9)	0.75	11	g
Calcium	23	325	mg
Iron	0.39	6	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	25	357	mg
Phosphorus	25	355	mg
Potassium	280	3930	mg
Sodium	7	96	mg
Chloride	1	9	mg
Zinc	0.41	6	mg
Copper	0.137	2	mg
Manganese	0.277	4	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	44	617	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	0.7	9	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	0.50	7	mg
Vitamin B5	0.25	4	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	5.7	79	µg
Vitamin B9 (Folic Acid)	44	617	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Miro Kabab (Camel Kabab)

Approximately 4 adults

Ingredients	Quantity
Minced young camel meat (hashi)	160 g
Minced garlic	24 g
Ground cumin	1 g
Ground black pepper	1 g

Ingredients	Quantity
Ground dried coriander	2 g
Millet flour	48 g
Salt	2 g
Oil (for frying)	As needed

Preparation Method

1. In a deep bowl, mix the minced young camel meat with millet flour, garlic, salt, black pepper, cumin, and ground coriander. Knead by hand for about three minutes until a cohesive mixture forms, then shape into small balls.
2. Pour oil into a deep-frying pan until it reaches about halfway up the sides, and heat over medium flame for about four minutes.
3. Add the meat balls to the oil and fry, turning occasionally, for about 10 minutes until golden brown.
4. Serve the kabab hot in a flat dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1120	2100	kJ
Energy (kcal)	267	501	kcal
Moisture Content	42.1	79	g
Total Protein	21.8	41	g
Total Nitrogen	3.5	7	g
Total Fat	11.5	22	g
Available Carbohydrates	16.0	30	g
Total Carbohydrates	22.3	42	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	6.6	12	g
Soluble Fibre	0.3	1	g
Insoluble Fibre	6.2	12	g
Ash Content	2.2	4	g
Cholesterol	32.7	61	mg
Saturated Fatty Acids	2.02	4	g
Monounsaturated Fatty Acids	3.53	7	g
Polyunsaturated Fatty Acids	5.8	11	g
Total Unsaturated Fat	9.32	17	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	0.1	0.2	g
Sum of Omega-6 (n-6)	5.7	11	g
Sum of Omega-9 (n-9)	3.48	7	g
Calcium	24	45	mg
Iron	2.85	5	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	64	120	mg
Phosphorus	286	536	mg
Potassium	437	821	mg
Sodium	381	716	mg
Chloride	6	11	mg
Zinc	2.29	4	mg
Copper	0.170	0	mg
Manganese	0.520	1	mg
Selenium	20	38	µg
Iodine	42	79	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	1.4	3	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	4.5	8	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	-	-	µg
Vitamin B9 (Folic Acid)	22	41	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Mushabbak

Approximately 4 adults

Mushabbak Ingredients	Quantity
White flour	187 g
Instant yeast	3 g
Baking powder	13 g
Saffron threads	0.3 g
Starch	33 g
Water	267 ml
Oil (for frying)	As needed

Syrup Ingredients	Quantity
Water	533 ml
Ground cardamom	3 g
Lemon juice	7 ml
Fine sugar	420 g

Preparation Method

Preparation of Syrup:

Place the sugar, water, cardamom, and lemon juice in a medium pot over low heat, and simmer for about 20 minutes until the syrup thickens.

Preparation of Mushabbak:

1. In a deep bowl, combine flour, baking powder, yeast, starch, saffron, and water. Whisk by hand for about two minutes until a smooth, pourable batter forms.
2. Heat oil in a deep-frying pan until it reaches about halfway up the sides, and heat over medium flame for about five minutes.
3. Pour the batter into a piping bag and pipe it into the hot oil in circular, interlaced shapes of equal size. Fry for about half a minute until golden brown.
4. Remove the mushabbak rings from the oil and immediately immerse them in the syrup, then lift and drain.
5. Serve hot in a flat dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1533	12100	kJ
Energy (kcal)	367	2910	kcal
Moisture Content	30.5	242	g
Total Protein	2.3	18	g
Total Nitrogen	0.3	3	g
Total Fat	18.9	150	g
Available Carbohydrates	45.7	362	g
Total Carbohydrates	47.7	378	g
Total sugars	26.2	207	g
Added Sugar	26.2	207	g
Total Dietary Fibre	1.7	14	g
Soluble Fibre	0.5	4	g
Insoluble Fibre	1.3	10	g
Ash Content	0.5	4	g
Cholesterol	-	-	mg
Saturated Fatty Acids	2.14	17	g
Monounsaturated Fatty Acids	5.45	43	g
Polyunsaturated Fatty Acids	11.0	87	g
Total Unsaturated Fat	16.5	130	g
Trans-Fat (TFA)	0.28	2	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	11.0	87	g
Sum of Omega-9 (n-9)	5.4	43	g
Calcium	7	54	mg
Iron	1.18	9	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	6	49	mg
Phosphorus	171	1350	mg
Potassium	79	627	mg
Sodium	291	2310	mg
Chloride	1	10	mg
Zinc	0.37	3	mg
Copper	0.060	0	mg
Manganese	-	-	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	52	412	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	2.2	17	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.3	10	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	3.0	24	µg
Vitamin B9 (Folic Acid)	117	930	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Musharmal

Approximately 4 adults

Main Ingredients	Quantity
Liquid tahini	230 ml
Fresh coriander, chopped	25 g
Onion, chopped	50 g
Garlic, minced	8 g
Ground black pepper	5 g
Ground turmeric	1 g
Oil	30 ml
Water	400 ml
Black vinegar	8 ml
Fine sugar	4 g
Salt	5 g
Oil (for frying)	As needed

Fish Marinade Ingredients	Quantity
Whole grouper fish (qaroos)	1.4 kg
Ground dried coriander	4 g
Fresh lemon	1 piece
Ground black pepper	2 g
Ground cumin	5 g
Water	30 ml
Ground turmeric	5 g
Black vinegar	3 ml
Salt	2 g

Preparation Method

Preparation of Fish Marinade:

1. Place the fish on a flat dish and score both sides with a knife. Squeeze the lemon over the fish and place the lemon peel inside the cavity.
2. In a bowl, mix the salt, black pepper, cumin, dried coriander, turmeric, vinegar, and water, stirring until well combined.
3. Pour the mixture over the fish and rub it by hand for about two minutes to allow the marinade to soak in.

Preparation of the Dish:

1. In a deep bowl, mix the salt, black pepper, turmeric, and sugar with the tahini, vinegar, and water. Stir until a smooth sauce forms.
2. Heat oil in a frying pan over medium heat, add the garlic, and stir for a minute.
3. Add the onion and sauté for about three minutes until golden, then remove from heat.
4. Pour frying oil into a deep pan until it reaches about halfway up the sides, and heat over medium flame for about 10 minutes.
5. Fry the fish for about 10 minutes, then turn and fry the other side for another 10 minutes until cooked through.
6. Return the pan with onions to the heat, add the tahini sauce and 10 g of the fresh coriander, and stir for about two minutes until combined.
7. Pour half of the sauce onto a flat serving dish, place the fish on top, then pour the remaining sauce over it. Sprinkle with the remaining fresh coriander.
8. Serve the musharmal hot in a flat dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	890	14200	kJ
Energy (kcal)	212	3390	kcal
Moisture Content	59.0	942	g
Total Protein	18.7	298	g
Total Nitrogen	3.0	48	g
Total Fat	13.2	211	g
Available Carbohydrates	1.67	27	g
Total Carbohydrates	8.33	133	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	6.3	101	g
Soluble Fibre	0.4	6	g
Insoluble Fibre	5.9	94	g
Ash Content	0.8	13	g
Cholesterol	47.7	760	mg
Saturated Fatty Acids	2.18	35	g
Monounsaturated Fatty Acids	4.84	77	g
Polyunsaturated Fatty Acids	6.09	97	g
Total Unsaturated Fat	10.9	174	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	0.23	4	g
Sum of Omega-6 (n-6)	5.85	93	g
Sum of Omega-9 (n-9)	4.74	76	g
Calcium	48	767	mg
Iron	1.59	25	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	65	1040	mg
Phosphorus	193	3070	mg
Potassium	338	5390	mg
Sodium	204	3260	mg
Chloride	2	34	mg
Zinc	1.10	18	mg
Copper	0.173	3	mg
Manganese	0.200	3	mg
Selenium	20	319	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	5.3	85	µg
Vitamin E (as a-Tocopherol)	1.2	19	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	2.7	44	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	1.3	21	µg
Vitamin B9 (Folic Acid)	28	441	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Sweet Banana Muttabaq

Approximately 4 adults

Dough Ingredients	Quantity
White flour	300 g
Water	113 ml
Salt	2 g
Oil	50 ml
Egg	1 piece

Filling Ingredients	Quantity
Mashed banana	250 g
Ground cardamom	1 g
Fine sugar	75 g
Eggs	2 pieces

Preparation Method

Preparation of Dough:

1. In a deep bowl, combine flour, salt, egg, and oil. Gradually add the water while kneading by hand for about five minutes until a cohesive dough forms. Cover and let rest for 20 minutes.
2. Divide the dough into medium-sized balls and let rest for another five minutes.

Preparation of Filling:

Mash the bananas in a deep bowl, then add the eggs, sugar, and cardamom. Mix well for about two minutes until smooth and combined.

Main Preparation:

1. Roll out one ball of dough on an oiled surface using a rolling pin into a very thin, medium-sized square (to serve as the base).
2. Roll out another ball into a very thin, large circular sheet. Place the square base in the center, add the filling on top, and fold the edges inward to form a square parcel. Repeat the process with the remaining dough and filling.
3. Place each muttabaq square on a pan over medium heat and cook for about five minutes, then flip and cook the other side for another five minutes until golden brown.
4. Serve the sweet muttabaq hot in a flat dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1213	9080	kJ
Energy (kcal)	290	2170	kcal
Moisture Content	38.6	289	g
Total Protein	7.1	53	g
Total Nitrogen	1.1	8	g
Total Fat	10.1	75	g
Available Carbohydrates	41.3	309	g
Total Carbohydrates	44.0	329	g
Total sugars	12.7	95	g
Added Sugar	6.3	47	g
Total Dietary Fibre	2.3	17	g
Soluble Fibre	1.1	8	g
Insoluble Fibre	1.2	9	g
Ash Content	0.6	5	g
Cholesterol	41.7	312	mg
Saturated Fatty Acids	1.71	13	g
Monounsaturated Fatty Acids	3.08	23	g
Polyunsaturated Fatty Acids	5.16	39	g
Total Unsaturated Fat	8.24	62	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	0.11	1	g
Sum of Omega-6 (n-6)	5.07	38	g
Sum of Omega-9 (n-9)	3.01	23	g
Calcium	14	104	mg
Iron	2.82	21	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	21	156	mg
Phosphorus	77	579	mg
Potassium	223	1670	mg
Sodium	135	1010	mg
Chloride	2	16	mg
Zinc	0.99	7	mg
Copper	0.163	1	mg
Manganese	0.457	3	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	3.4	25	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	1.2	9	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.40	3	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	2.6	19	mg
Vitamin B5	0.37	3	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.7	20	µg
Vitamin B9 (Folic Acid)	43	322	µg
Vitamin B12 (Cyanocobalamin)	1.0	7	µg

Recipe Name

Sweet Cheese Muttabaq

Approximately 4 adults

Dough Ingredients	Quantity
White flour	300 g
Water	113 ml
Salt	2 g
Oil	50 ml
Egg	1 piece

Filling Ingredients	Quantity
Fresh cow's cheese	250 g
Ground cardamom	1 g
Fine sugar	75 g
Eggs	2 pieces

Preparation Method

Preparation of Dough:

1. In a deep bowl, combine the flour, salt, egg, and oil. Gradually add the water while kneading by hand for about five minutes until a cohesive dough forms. Cover and let rest for 20 minutes.
2. Divide the dough into medium-sized balls and let rest for another five minutes.

Preparation of Filling:

Crumble the cheese in a deep bowl, then add the eggs, sugar, and cardamom. Mix well by hand for about two minutes until smooth and well combined.

Main Preparation:

1. Roll out one ball of dough on an oiled surface using a rolling pin into a very thin, medium-sized square (to serve as the base).
2. Roll out another ball into a very thin, large circular sheet. Place the square base in the center, add the filling on top, and fold the edges inward to form a square parcel. Repeat the process with the remaining dough and filling.
3. Place each muttabaq square on a pan over medium heat and cook for about five minutes, then flip and cook the other side for another five minutes until golden brown.
4. Serve the sweet muttabaq hot in a flat dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1297	10300	kJ
Energy (kcal)	310	2470	kcal
Moisture Content	36.2	289	g
Total Protein	8.9	71	g
Total Nitrogen	1.4	11	g
Total Fat	12.9	103	g
Available Carbohydrates	38.0	303	g
Total Carbohydrates	40.3	321	g
Total sugars	10.3	82	g
Added Sugar	8.2	65	g
Total Dietary Fibre	8.6	68	g
Soluble Fibre	0.9	7	g
Insoluble Fibre	1.7	13	g
Ash Content	1.3	10	g
Cholesterol	55.7	443	mg
Saturated Fatty Acids	3.88	31	g
Monounsaturated Fatty Acids	3.93	31	g
Polyunsaturated Fatty Acids	4.99	40	g
Total Unsaturated Fat	8.92	71	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	4.9	39	g
Sum of Omega-9 (n-9)	3.82	30	g
Calcium	72	571	mg
Iron	2.55	20	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	18	145	mg
Phosphorus	116	921	mg
Potassium	189	1510	mg
Sodium	380	3030	mg
Chloride	7	53	mg
Zinc	1.29	10	mg
Copper	0.153	1	mg
Manganese	0.370	3	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	3.3	26	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	1.6	13	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.05	0.4	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	2.2	17	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.3	19	µg
Vitamin B9 (Folic Acid)	39	313	µg
Vitamin B12 (Cyanocobalamin)	1.0	8	µg

Recipe Name

Savoury Muttabaq with Meat

Approximately 4 adults

Filling Ingredients	Quantity
Minced lamb	600 g
Onion, finely chopped	280 g
Tomato, finely chopped	300 g
Leek, finely chopped	200 g
Beaten eggs	4 pieces
Ground black pepper	1 g
Oil	80 ml
Salt	2 g

Dough Ingredients	Quantity
White flour	620 g
Water	400 ml
Salt	1 g
Oil	20 ml

Preparation Method

Preparation of Dough:

1. In a deep bowl, combine the flour and salt, then gradually add the water while kneading by hand for about five minutes until a cohesive dough forms. Beat the dough several times on the work surface, coat it lightly with oil, cover, and let rest for 10 minutes.
2. Divide the dough into medium-sized balls and let rest for another five minutes.

Preparation of Filling:

1. Heat 60 ml of oil in a frying pan over medium heat for a minute.
2. Add the onion and sauté for about two minutes until softened.
3. Add the minced meat, salt, and black pepper, and stir for about 10 minutes until the meat is cooked, then remove from heat and let cool slightly.
4. Add the leek, tomato, and eggs to the meat mixture, and stir for about two minutes until it is well combined.

Main Preparation:

1. Roll out one ball of dough on an oiled surface using a rolling pin into a very thin, medium-sized square (to serve as the base).
2. Roll out another ball into a very thin, large square sheet. Place the base square in the center, add the filling, and fold the edges inward to form a square parcel. Repeat with the remaining dough and filling.
3. Heat the remaining oil (20 ml) in a frying pan over medium heat for a minute.
4. Place the muttabaq square in the pan and cook over medium heat for about two minutes, then flip and cook the other side for another two minutes until golden brown.
5. Serve the savoury muttabaq hot in a flat dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	842	16700	kJ
Energy (kcal)	201	3990	kcal
Moisture Content	56.1	1120	g
Total Protein	9.7	193	g
Total Nitrogen	1.6	31	g
Total Fat	6.6	131	g
Available Carbohydrates	24.3	483	g
Total Carbohydrates	27.0	536	g
Total sugars	2.5	50	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	2.3	46	g
Soluble Fibre	1.1	23	g
Insoluble Fibre	1.2	23	g
Ash Content	0.8	17	g
Cholesterol	34.7	689	mg
Saturated Fatty Acids	1.79	36	g
Monounsaturated Fatty Acids	2.19	44	g
Polyunsaturated Fatty Acids	2.44	49	g
Total Unsaturated Fat	4.64	92	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	2.39	47	g
Sum of Omega-9 (n-9)	2.13	42	g
Calcium	17	344	mg
Iron	2.61	52	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	20	391	mg
Phosphorus	99	1980	mg
Potassium	248	4930	mg
Sodium	182	3610	mg
Chloride	3	52	mg
Zinc	1.59	32	mg
Copper	0.160	3	mg
Manganese	0.333	7	mg
Selenium	10	199	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	1.5	29	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	7.7	154	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	2.60	52	mg
Vitamin B5	0.68	14	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	-	-	µg
Vitamin B9 (Folic Acid)	35.3	702	µg
Vitamin B12 (Cyanocobalamin)	1.0	20	µg

Recipe Name

Savory Muttabaq with Chicken

Approximately 4 adults

Filling Ingredients	Quantity
Minced chicken	600 g
Onion, finely chopped	280 g
Tomato, finely chopped	300 g
Leek, finely chopped	200 g
Beaten eggs	4 pieces
Ground black pepper	1 g
Oil	80 ml
Salt	2 g

Dough Ingredients	Quantity
White flour	620 g
Water	400 ml
Salt	1 g
Oil	20 ml

Preparation Method

Preparation of Dough:

1. In a deep bowl, combine the flour and salt, then gradually add the water while kneading by hand for about five minutes until a cohesive dough forms. Beat the dough several times on the work surface, coat it lightly with oil, cover, and let rest for 10 minutes.
2. Divide the dough into medium-sized balls and let rest for another five minutes.

Preparation of Filling:

1. Heat 60 ml of oil in a frying pan over medium heat for a minute.
2. Add the onion and sauté for about two minutes until softened.
3. Add the minced chicken, salt, and black pepper, and stir for about 10 minutes until the chicken is cooked, then remove from heat and let cool slightly.
4. Add the leek, tomato, and eggs to the chicken mixture, and stir for about two minutes until it is well combined.

Main Preparation:

1. Roll out one ball of dough on an oiled surface using a rolling pin into a very thin, medium-sized square (to serve as the base).
2. Roll out another ball into a very thin, large square sheet. Place the base square in the center, add the filling, and fold the edges inward to form a square parcel. Repeat with the remaining dough and filling.
3. Heat the remaining oil (20 ml) in a frying pan over medium heat for a minute.
4. Place the muttabaq square in the pan and cook over medium heat for about two minutes, then flip and cook the other side for another two minutes until golden brown.
5. Serve the savory muttabaq hot in a flat dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	872	17600	kJ
Energy (kcal)	208	4210	kcal
Moisture Content	54.4	1100	g
Total Protein	10.1	205	g
Total Nitrogen	1.6	32	g
Total Fat	6.1	123	g
Available Carbohydrates	27.3	553	g
Total Carbohydrates	28.3	573	g
Total sugars	5.4	110	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	1.3	26	g
Soluble Fibre	0.3	6	g
Insoluble Fibre	1.0	20	g
Ash Content	0.7	15	g
Cholesterol	37.7	762	mg
Saturated Fatty Acids	1.1	22	g
Monounsaturated Fatty Acids	1.99	40	g
Polyunsaturated Fatty Acids	2.92	59	g
Total Unsaturated Fat	4.91	99	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	2.84	57	g
Sum of Omega-9 (n-9)	1.9	39	g
Calcium	21	430	mg
Iron	1.94	39	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	21	434	mg
Phosphorus	107	2170	mg
Potassium	286	5790	mg
Sodium	93	1890	mg
Chloride	1	23	mg
Zinc	0.69	14	mg
Copper	0.103	2	mg
Manganese	0.213	4	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	3.3	67	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	9.8	198	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	3.5	70	mg
Vitamin B5	0.57	11	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	4.0	81	µg
Vitamin B9 (Folic Acid)	31	621	µg
Vitamin B12 (Cyanocobalamin)	1.0	20	µg

Recipe Name

Ma'soub

Approximately 4 adults

Ingredients	Quantity
Whole wheat flour	400 g
Banana, sliced	700 g
Salt	20 g
Melted ghee	100 g
Water	400 ml
Ground cardamom	8 g
Honey	100 g

Preparation Method

1. In a deep bowl, mix the flour with salt, then gradually add the water while kneading by hand for about five minutes until a cohesive dough forms.
2. Divide the dough into medium-sized balls, cover, and let rest for an hour.
3. Roll out each ball with a rolling pin on a floured surface until about 1 cm thick.
4. Heat a concave griddle (ṣāj) over high heat and grease it with ghee. Place the rolled dough on the griddle and cook for a minute, then flip and cook the other side for another minute until done. Repeat with the remaining dough and set the flatbreads aside.
5. Crumble the bread by hand or using a blender, then add the ghee and mix for a minute.
6. Return the mixture to the griddle, add the banana slices, and stir with a spoon for about five minutes.
7. Transfer the mixture to a flat serving dish and sprinkle with cardamom and honey.
8. Serve the ma'soub hot in a flat dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	973	14300	kJ
Energy (kcal)	233	3430	kcal
Moisture Content	44.9	661	g
Total Protein	5.3	78	g
Total Nitrogen	0.8	12	g
Total Fat	6.4	95	g
Available Carbohydrates	35.0	516	g
Total Carbohydrates	41.3	609	g
Total sugars	16.3	240	g
Added Sugar	6.77	100	g
Total Dietary Fibre	6.2	91	g
Soluble Fibre	1.2	18	g
Insoluble Fibre	5.0	74	g
Ash Content	2.1	32	g
Cholesterol	12.3	182	mg
Saturated Fatty Acids	4.1	60	g
Monounsaturated Fatty Acids	1.36	20	g
Polyunsaturated Fatty Acids	0.69	10	g
Total Unsaturated Fat	2.05	30	g
Trans-Fat (TFA)	0.27	4	g
Sum of Omega-3 (n-3)	0.11	2	g
Sum of Omega-6 (n-6)	0.58	9	g
Sum of Omega-9 (n-9)	1.18	17	g
Calcium	23	335	mg
Iron	1.41	21	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	66	978	mg
Phosphorus	122	1790	mg
Potassium	338	4970	mg
Sodium	588	8660	mg
Chloride	8	115	mg
Zinc	1.12	16	mg
Copper	0.217	3	mg
Manganese	1.43	21	mg
Selenium	-	-	µg
Iodine	29	427	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	2.5	36	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.7	26	mg
Vitamin B5	0.36	5	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.0	29	µg
Vitamin B9 (Folic Acid)	37	550	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Ma'amoul (Ma'amoul Hijazi)

Approximately 4 adults

Dough Ingredients	Quantity
White flour	320 g
Milk powder	12 g
Salt	0.8 g
Powdered sugar	8 g
Water	32 ml
Ghee	160 g
Butter	80 g
Ma'amoul spices	12 g

Filling Ingredients	Quantity
Date paste	200 g
Ghee	7 g
Ground cardamom	0.5 g
Roasted sesame seeds	2 g
Oil (for greasing tray)	8 ml

Preparation Method

Preparation of Filling:

1. In a deep bowl, mix the date paste with ghee, cardamom, and sesame seeds. Knead by hand for about four minutes until the mixture becomes cohesive.
2. Divide the mixture into very small balls and set aside to rest.

Preparation of Ma'amoul Dough:

1. In a deep bowl, beat together the ghee, sugar, and butter using an electric mixer for about three minutes until smooth. Place the mixture in the refrigerator for 10 minutes.
2. Add the flour and knead by hand for about five minutes until fully combined.
3. Add the salt, milk powder, and ma'amoul spices, then gradually pour in the water and knead for about three minutes until a cohesive dough forms.
4. Divide the dough into small balls slightly larger than the date filling balls. Flatten each ball by hand, place a date ball in the center, and close by pinching the edges between the thumb and forefinger to seal.
5. Press each filled dough ball into a ma'amoul mold, flatten gently with your palm, then tap the mold lightly on its outer surface to release the shaped ma'amoul.
6. Repeat the process until all dough and filling are used.

Baking and Serving:

1. Arrange the ma'amoul discs on a lightly oiled metal tray, leaving about 3 cm between each piece.
2. Preheat the oven to 250 °C with bottom heat.
3. Bake for 10 minutes, then turn off the bottom heat and switch to top heat for another seven minutes until the tops turn golden.
4. Serve the ma'amoul on a flat dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	2023	14900	kJ
Energy (kcal)	484	3560	kcal
Moisture Content	6.7	49	g
Total Protein	6.6	49	g
Total Nitrogen	1.0	8	g
Total Fat	25.5	187	g
Available Carbohydrates	54.3	400	g
Total Carbohydrates	60.0	441	g
Total sugars	18.9	139	g
Added Sugar	1.1	8	g
Total Dietary Fibre	5.7	42	g
Soluble Fibre	1.0	8	g
Insoluble Fibre	4.7	35	g
Ash Content	1.1	8	g
Cholesterol	71.7	527	mg
Saturated Fatty Acids	17.8	131	g
Monounsaturated Fatty Acids	6.05	44	g
Polyunsaturated Fatty Acids	1.22	9	g
Total Unsaturated Fat	7.27	53	g
Trans-Fat (TFA)	0.45	3	g
Sum of Omega-3 (n-3)	0.23	2	g
Sum of Omega-6 (n-6)	0.99	7	g
Sum of Omega-9 (n-9)	5.31	39	g
Calcium	52	386	mg
Iron	3.20	24	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	41	302	mg
Phosphorus	112	824	mg
Potassium	306	2250	mg
Sodium	50	368	mg
Chloride	0.5	3	mg
Zinc	0.90	7	mg
Copper	0.213	2	mg
Manganese	0.663	5	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	4.4	32	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	4.4	32	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	3.3	25	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	3.3	25	µg
Vitamin B9 (Folic Acid)	48	356	µg
Vitamin B12 (Cyanocobalamin)	1.3	10	µg

Recipe Name

Meat Mantu (Yemeni Yaghmish)

Approximately 4 adults

Filling Ingredients	Quantity
Boneless lamb, finely chopped with fat	650 g
Onion, finely chopped	200 g
Ground black pepper	4 g
Salt	7 g
Water	20 ml

Dough Ingredients	Quantity
White flour	500 g
Water	290 ml

Preparation Method

Preparation of Dough:

1. Place the flour in an electric mixer, then gradually pour in the water and knead for about 10 minutes until a cohesive dough forms. Cover and let rest for 20 minutes.
2. Divide the dough into small balls, then roll each out with a rolling pin on a floured surface into thin, round discs.

Preparation of Filling:

In a deep bowl, combine the lamb, onion, salt, black pepper, and water. Mix by hand for about two minutes until well blended.

Preparation of Mantu:

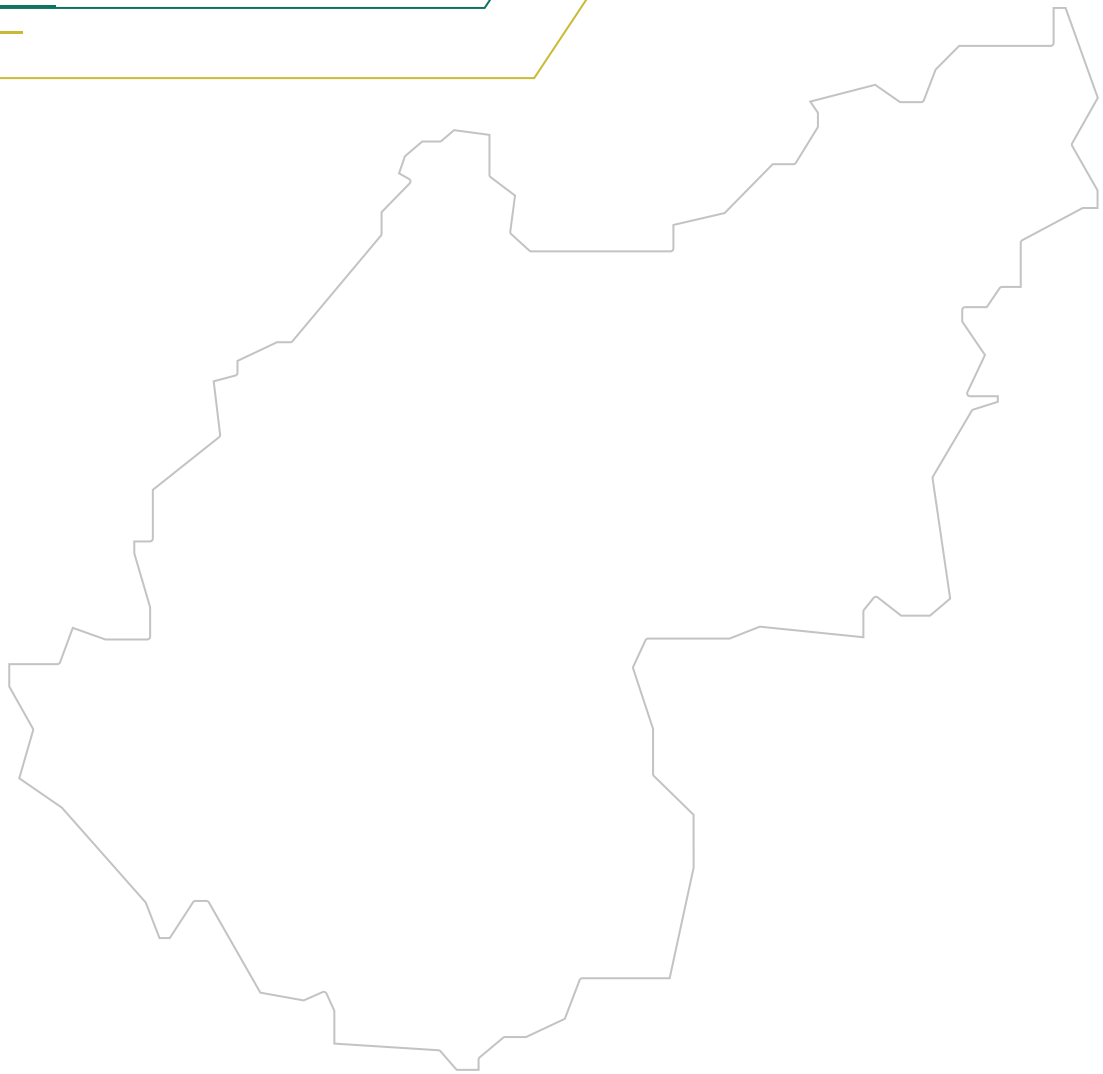
1. Place a spoonful of filling in the center of each dough disc, fold into a half-moon shape, and pinch the edges firmly to seal. Repeat until all the dough and filling are used.
2. Pour boiling water into the lower section of a steamer pot and heat over medium flame for about two minutes. Arrange the filled dumplings in the greased upper section, leaving about 1 cm between each piece. Cover and steam for 40 minutes until fully cooked.
3. Serve the mantu hot in a flat dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	913	16300	kJ
Energy (kcal)	218	3900	kcal
Moisture Content	53.5	957	g
Total Protein	9.6	171	g
Total Nitrogen	1.5	28	g
Total Fat	8.4	150	g
Available Carbohydrates	24.3	436	g
Total Carbohydrates	27.7	495	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	3.3	58	g
Soluble Fibre	0.6	10	g
Insoluble Fibre	2.7	48	g
Ash Content	0.9	17	g
Cholesterol	16.0	286	mg
Saturated Fatty Acids	3.85	69	g
Monounsaturated Fatty Acids	3.67	66	g
Polyunsaturated Fatty Acids	0.69	12	g
Total Unsaturated Fat	4.37	78	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.66	12	g
Sum of Omega-9 (n-9)	3.51	63	g
Calcium	16	278	mg
Iron	2.31	41	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	22	386	mg
Phosphorus	111	1990	mg
Potassium	215	3840	mg
Sodium	157	2810	mg
Chloride	2	28	mg
Zinc	1.46	26	mg
Copper	0.103	2	mg
Manganese	0.333	6	mg
Selenium	10	179	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	2.9	51	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	1.4	25	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	4.3	76	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	4.0	72	µg
Vitamin B9 (Folic Acid)	52	925	µg
Vitamin B12 (Cyanocobalamin)	2.0	36	µg

Al Madinah Al Munawwarah



Chickpea rice 82

Lentil rice 84

Madini rice with meat 86

Madini rice with Chicken 89

Mathlouthah 92

Shuraik 94

Tuweetat 96

Haisah 98

Al-Daleekah 100

Melon Kunafah 102

Cream Kunafah 104

Cheese Kunafah 106

Labaniyah 108

Recipe Name

Chickpea Rice

Approximately 4 adults

Meat Ingredients	Quantity
Lamb with bone, cut into medium pieces	500 g
Ghee (for meat)	25 g
Artemisia herb (Shiba)	5 g
Ground black pepper	5 g
Galangal	2 g
Ground coriander	4 g
Clove sticks	3 g
Cinnamon sticks	2 g
Cardamom pods	5 g
Ground cumin	5 g
Garlic, minced	40 g
Onion, thinly sliced	150 g
Water (for meat)	2 L

Chickpea Ingredients	Quantity
Crushed chickpeas, soaked for an hour	200 g
Water (for boiling chickpeas)	460 ml

Rice Ingredients	
Long-grain rice, washed and soaked for an hour	500 g
Ghee (for rice)	25 g
Salt	13 g

Preparation Method

Preparation of Meat:

1. Combine all the whole spices (shiba, clove sticks, black pepper, cinnamon sticks, galangal, cardamom, coriander, and cumin) in a spice bag and set aside.
2. In a medium pressure cooker, melt the ghee over high heat for about a minute, then add the onion and stir for another minute until softened.
3. Add the meat and stir for about two minutes until its color changes. Reduce the heat to low, cover, and let cook for about three minutes until the meat releases its juices.
4. Add the garlic and stir for two minutes until fragrant.
5. Pour in the water and add the spice bag. Cover the pressure cooker and cook for about 50 minutes until the meat is tender. Strain the broth, set it aside for use with the rice, and remove the meat and spice bag to a separate dish.

Boiling the Chickpeas:

1. In a medium pot over medium heat, add the chickpeas and water for boiling. Cook for about four minutes until foam (reem) forms on the surface.
2. Skim off the foam, partially cover the pot, and simmer on low heat for about 15 minutes until the chickpeas are three-quarters cooked and ready to be added to the rice.
3. Drain the chickpeas and set aside.

Cooking the Rice and Meat:

1. In a medium pot over high heat, combine the rice, chickpeas, and 150 ml of chickpea boiling water. Stir to combine, then add the cooked meat, spice bag, salt, and 800 ml of the meat broth. Cover and boil over high heat for about six minutes.
2. Add the ghee on top of the rice, cover the pot, and reduce the heat to very low. Cook for about 20 minutes, then turn off the heat and let stand covered for 10 minutes to finish cooking in its steam.
3. Serve the chickpea rice warm in a flat dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	704	14600	kJ
Energy (kcal)	168	3480	kcal
Moisture Content	61.0	1260	g
Total Protein	7.2	148	g
Total Nitrogen	1.2	24	g
Total Fat	4.6	95	g
Available Carbohydrates	22.3	463	g
Total Carbohydrates	26.3	545	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	4.0	83	g
Soluble Fibre	0.5	11	g
Insoluble Fibre	3.5	72	g
Ash Content	0.9	18	g
Cholesterol	14.7	304	mg
Saturated Fatty Acids	2.08	43	g
Monounsaturated Fatty Acids	1.74	36	g
Polyunsaturated Fatty Acids	0.56	12	g
Total Unsaturated Fat	2.3	48	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.52	11	g
Sum of Omega-9 (n-9)	1.62	34	g
Calcium	13	270	mg
Iron	0.71	15	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	20	418	mg
Phosphorus	60	1240	mg
Potassium	210	4340	mg
Sodium	219	4530	mg
Chloride	4	75	mg
Zinc	1.07	22	mg
Copper	0.200	4	mg
Manganese	0.203	4	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	0.25	5	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	5.0	104	µg
Vitamin B9 (Folic Acid)	62	1291	µg
Vitamin B12 (Cyanocobalamin)	1.3	28	µg

Recipe Name

Lentil Rice

Approximately 4 adults

Ingredients	Quantity
Short-grain rice, washed	190 g
Onion, finely chopped	85 g
Salt	21 g
Ground turmeric	3 g
Ground dried coriander	2 g
Water	1.5 L

Ingredients	Quantity
Red lentils, washed	100 g
Ghee	30 g
Green chili pepper (small)	7 g
Ground cumin	2 g
Ground black pepper	1 g
Ghee (for garnish)	20 g

Preparation Method

1. Place the ghee in a medium-sized pot over medium heat and stir for about a minute until melted.
2. Add the onion and sauté for about four minutes until light golden.
3. Add the ground spices (turmeric, cumin, dried coriander, and black pepper) and stir to combine.
4. Add the rice and stir with the mixture, then add the lentils, followed by the salt and water. Stir well and cook uncovered over medium heat for about five minutes until the water begins to boil.
5. Cover the pot, reduce the heat to very low, and cook for 15 minutes. Then add the green chili pepper, cover again, and cook for another 15 minutes.
6. Serve the lentil rice garnished with ghee.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	441	7230	kJ
Energy (kcal)	105	1730	kcal
Moisture Content	75.3	1240	g
Total Protein	2.6	42	g
Total Nitrogen	0.4	7	g
Total Fat	2.9	48	g
Available Carbohydrates	16.3	268	g
Total Carbohydrates	17.7	290	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	1.4	22	g
Soluble Fibre	-	-	g
Insoluble Fibre	1.4	22	g
Ash Content	1.5	25	g
Cholesterol	5.0	82	mg
Saturated Fatty Acids	1.92	31	g
Monounsaturated Fatty Acids	0.69	11	g
Polyunsaturated Fatty Acids	0.19	3	g
Total Unsaturated Fat	0.88	14	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.16	3	g
Sum of Omega-9 (n-9)	0.62	10	g
Calcium	12	196	mg
Iron	0.48	8	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	10	159	mg
Phosphorus	34	555	mg
Potassium	114	1880	mg
Sodium	566	9290	mg
Chloride	8	129	mg
Zinc	0.41	7	mg
Copper	0.097	2	mg
Manganese	0.167	3	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	0.40	7	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	4.0	66	µg
Vitamin B9 (Folic Acid)	45	733	µg
Vitamin B12 (Cyanocobalamin)	1.0	16	µg

Recipe Name

Madini Rice with Meat

Approximately 4 adults

Rice Ingredients	Quantity
Long-grain rice, washed and soaked for an hour	500 g
Cardamom pods	5 g
Whole black pepper	4 g
Water	2 L
Lamb with bone, cut into medium pieces	500 g
Clove sticks	3 g
Mastic	0.5 g
Salt	15 g

Topping Ingredients (for garnish)	
Ghee	25 g
Golden raisins	20 g
Mastic	0.5 g

Sauce Ingredients	Quantity
Tomato paste	130 g
Ground black pepper	3 g
Ground cumin	2 g
Saffron threads	0.12 g
Ghee	50 g
Water	125 ml
Ground dried coriander	2 g
Citric acid	3 g
Salt (for sauce)	5 g
Saffron coloring	0.25 g
Kadi water	80 ml

Preparation Method

Preparation of Rice:

1. In a medium pressure cooker over high heat, combine the meat and water. Bring to a boil and remove the foam from the surface. Add the whole spices (cardamom, clove sticks, whole black pepper), mastic, and salt. Reduce heat to medium, cover, and pressure-cook for about 45 minutes until the meat is tender. Strain the broth, set it aside for cooking the rice, and transfer the meat to a separate dish.
2. In a medium pot, melt the ghee over high heat, then add the rice and stir for about two minutes until the grains are coated. Add 900 ml of the meat broth, partially cover, and cook for five minutes. Lower the heat to very low, cover, and cook for another 15 minutes until the rice is fully cooked.

Preparation Method

Preparation of Sauce and Meat:

1. In a medium pot, combine the tomato paste, ground spices (coriander, black pepper, cumin), citric acid, salt, saffron threads, saffron coloring, ghee, kadi water, and regular water. Mix with a whisk for about two minutes until smooth.
2. Add 250 ml of the meat broth to the sauce mixture, place the pot over medium heat, and stir for about three minutes until the sauce thickens slightly.
3. Place the boiled meat in an oven tray and pour the sauce over it until the pieces are almost covered.
4. Preheat the oven to 225 °C for 15 minutes.
5. Place the tray on the middle rack and roast for about 18 minutes, heating from both top and bottom, until the meat turns golden and absorbs the flavor of the sauce.

Preparation of Topping:

1. In a shallow pan, melt the ghee with mastic over medium heat for about a minute.
2. Pour the ghee mixture over the rice, cover, and cook over low heat for five minutes. Turn off the heat and let it rest for 10 minutes.

Serving:

Place the rice on a flat serving dish, arrange the roasted meat on top, drizzle with the sauce, and garnish with golden raisins.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	746	15800	kJ
Energy (kcal)	178	3770	kcal
Moisture Content	61.2	1290	g
Total Protein	6.5	138	g
Total Nitrogen	1.0	22	g
Total Fat	6.8	144	g
Available Carbohydrates	21.0	444	g
Total Carbohydrates	24.3	515	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	-	-	g
Soluble Fibre	0.1	2	g
Insoluble Fibre	0.2	4	g
Ash Content	1.0	22	g
Cholesterol	18.7	395	mg
Saturated Fatty Acids	3.48	74	g
Monounsaturated Fatty Acids	2.65	56	g
Polyunsaturated Fatty Acids	0.39	8	g
Total Unsaturated Fat	3.05	64	g
Trans-Fat (TFA)	0.27	6	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.35	7	g
Sum of Omega-9 (n-9)	2.54	54	g
Calcium	12	255	mg
Iron	0.42	9	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	10	214	mg
Phosphorus	35	742	mg
Potassium	158	3350	mg
Sodium	254	5370	mg
Chloride	4	82	mg
Zinc	0.55	12	mg
Copper	0.133	3	mg
Manganese	-	-	mg
Selenium	-	-	µg
Iodine	36	754	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	3.8	80	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	0.60	13	mg
Vitamin B5	0.58	12	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	3.7	78	µg
Vitamin B9 (Folic Acid)	63	1332	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Madini Rice with Chicken

Approximately 4 adults

Rice Ingredients	Quantity
Long-grain rice, washed and soaked for an hour	500 g
Cardamom pods	5 g
Whole black pepper	4 g
Water	2 L
Chicken, cut into pieces	500 g
Clove sticks	3 g
Mastic	0.5 g
Salt	15 g

Topping Ingredients (for garnish)	Quantity
Ghee	25 g
Golden raisins	20 g
Mastic	0.5 g

Sauce Ingredients	Quantity
Tomato paste	130 g
Ground black pepper	3 g
Ground cumin	2 g
Saffron threads	0.12 g
Ghee	50 g
Water	125 ml
Ground dried coriander	2 g
Citric acid	3 g
Salt (for sauce)	5 g
Saffron coloring	0.25 g
Kadi water	80 ml

Preparation Method

Preparation of Rice:

1. In a medium pressure cooker over high heat, combine the chicken and water. Bring to a boil and remove the foam (reem) from the surface.
2. Add the whole spices (cardamom, clove sticks, whole black pepper), mastic, and salt. Reduce heat to medium, cover, and pressure-cook for about 45 minutes until the chicken is tender. Strain the broth, set it aside for cooking the rice, and transfer the chicken to a separate dish.
3. In a medium pot, melt the ghee over high heat, then add the rice and stir for about two minutes until the grains are coated. Add 900 ml of the chicken broth, partially cover, and cook for five minutes. Lower the heat to very low, cover, and cook for another 15 minutes until the rice is fully cooked.

Preparation Method

Preparation of Sauce and Chicken:

1. In a medium pot, combine the tomato paste, ground spices (coriander, black pepper, cumin), citric acid, salt, saffron threads, saffron coloring, ghee, kadi water, and regular water. Mix with a whisk for about two minutes until smooth.
2. Add 250 ml of the chicken broth to the sauce mixture, place the pot over medium heat, and stir for about three minutes until the sauce thickens slightly.
3. Place the boiled chicken in an oven tray and pour the sauce over it until the pieces are almost covered.
4. Preheat the oven to 225 °C for 15 minutes.
5. Place the tray on the middle rack and roast for about 18 minutes, heating from both top and bottom, until the chicken turns golden and absorbs the flavor of the sauce.

Preparation of Topping:

1. In a shallow pan, melt the ghee with mastic over medium heat for about a minute.
2. Pour the ghee mixture over the rice, cover, and cook over low heat for five minutes. Turn off the heat and let it rest for 10 minutes.

Serving:

Place the rice on a flat serving dish, arrange the roasted chicken on top, drizzle with the sauce, and garnish with golden raisins.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	718	14500	kJ
Energy (kcal)	172	3470	kcal
Moisture Content	62.4	1260	g
Total Protein	6.6	133	g
Total Nitrogen	1.1	22	g
Total Fat	4.8	97	g
Available Carbohydrates	25.3	511	g
Total Carbohydrates	25.3	511	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	-	-	g
Soluble Fibre	-	-	g
Insoluble Fibre	-	-	g
Ash Content	1.0	19	g
Cholesterol	16.7	337	mg
Saturated Fatty Acids	2.5	51	g
Monounsaturated Fatty Acids	1.68	34	g
Polyunsaturated Fatty Acids	0.54	11	g
Total Unsaturated Fat	2.22	45	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.49	10	g
Sum of Omega-9 (n-9)	1.51	31	g
Calcium	15	299	mg
Iron	0.27	5	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	12	238	mg
Phosphorus	41	824	mg
Potassium	171	3450	mg
Sodium	259	5230	mg
Chloride	4	86	mg
Zinc	0.29	6	mg
Copper	0.100	2	mg
Manganese	-	-	mg
Selenium	-	-	µg
Iodine	33	660	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	9.4	189	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.1	22	mg
Vitamin B5	0.63	13	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	4.3	87	µg
Vitamin B9 (Folic Acid)	66	1326	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Mathlouthah

Approximately 4 adults

Ingredients	Quantity
Sukari dates (pits removed)	200 g
Ready-made flatbread (Saj bread)	500 g
Water	250 ml
Ghee	60 g
Salt	0.25 g

Preparation Method

1. Place the ghee in a medium pot over medium heat and stir until melted. Add the dates and mash them with a wooden spoon for about a minute.
2. Add the salt, reduce the heat to low, and stir for about two minutes until the dates soften and blend smoothly with the ghee.
3. Pour in the water and stir for about five minutes until the mixture becomes thick and uniform.
4. Tear the saj bread into small pieces and place in a deep bowl, then pour the date mixture over it. Mix until evenly combined, then knead by hand for about five minutes until the texture becomes smooth and cohesive.
5. Return the mixture to low heat and stir with a wooden spoon for about two minutes until warmed through.
6. Serve the mathlouthah warm.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1033	9850	kJ
Energy (kcal)	247	2360	kcal
Moisture Content	41.3	394	g
Total Protein	5.2	50	g
Total Nitrogen	0.8	8	g
Total Fat	5.7	54	g
Available Carbohydrates	40.3	385	g
Total Carbohydrates	46.3	442	g
Total sugars	17.5	167	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	6.5	62	g
Soluble Fibre	0.7	7	g
Insoluble Fibre	5.8	56	g
Ash Content	1.1	10	g
Cholesterol	7.0	67	mg
Saturated Fatty Acids	3.73	36	g
Monounsaturated Fatty Acids	1.29	12	g
Polyunsaturated Fatty Acids	0.59	6	g
Total Unsaturated Fat	1.89	18	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.53	5	g
Sum of Omega-9 (n-9)	1.18	11	g
Calcium	131	1250	mg
Iron	2.75	26	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	38	364	mg
Phosphorus	81	771	mg
Potassium	249	2370	mg
Sodium	163	1560	mg
Chloride	3	29	mg
Zinc	0.67	6	mg
Copper	0.190	2	mg
Manganese	0.743	7	mg
Selenium	-	-	µg
Iodine	26	248	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	1.4	13	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.90	9	mg
Vitamin B2	0.15	1	mg
Vitamin B3 (Total)	1.7	16	mg
Vitamin B5	0.43	4	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	3.3	32	µg
Vitamin B9 (Folic Acid)	38	359	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Shuraik

Approximately 4 adults

Ingredients	Quantity
All-purpose flour	350 g
Instant yeast	5 g
Oil	30 ml
Baking powder	5 g
Salt	3 g
Oil for greasing	5 ml

For topping	Quantity
Liquid milk	30 ml
Unroasted sesame seeds	13 g
Honey	15 g

Ingredients for soaking chickpeas	Quantity
Crushed chickpeas	20 g
Sugar	5 g
Boiling water	375 ml

Preparation Method

Soaking the chickpeas:

Place the crushed chickpeas in a deep bowl, pour over the boiling water, add sugar, stir well, and let soak for 12 hours.

Preparing the dough:

1. In a deep bowl, mix together the flour, sugar, salt, baking powder, and yeast until well combined.
2. Add the soaked chickpeas and oil, then gradually pour in about 175 ml of the soaking water while kneading by hand for about 2 minutes until a cohesive dough forms. Beat the dough firmly in the bowl until it becomes soft, then cover and let rest in a warm place for 45 minutes.
3. Grease a baking tray with oil.
4. Divide the dough into thick circles with a hole in the center and place them spaced apart on the tray.
5. Brush the surface with milk and honey, then sprinkle sesame seeds on top. Cover and let rest in a warm place for one hour.
6. Preheat the oven to 200 °C for 20 minutes.
7. Place the tray on the lower rack and bake at 180 °C with top and bottom heat for 12 minutes. Turn off the top heat and continue baking for another 15 minutes until golden and fully baked.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1243	7450	kJ
Energy (kcal)	297	1780	kcal
Moisture Content	30.6	183	g
Total Protein	9.1	55	g
Total Nitrogen	1.4	9	g
Total Fat	6.7	40	g
Available Carbohydrates	47.3	284	g
Total Carbohydrates	52.3	313	g
Total sugars	3.7	22	g
Added Sugar	3.3	20	g
Total Dietary Fibre	4.5	27	g
Soluble Fibre	1.1	7	g
Insoluble Fibre	3.4	21	g
Ash Content	1.3	8	g
Cholesterol	-	-	mg
Saturated Fatty Acids	0.89	5	g
Monounsaturated Fatty Acids	1.87	11	g
Polyunsaturated Fatty Acids	3.85	23	g
Total Unsaturated Fat	5.72	34	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	3.81	23	g
Sum of Omega-9 (n-9)	1.83	11	g
Calcium	14	81	mg
Iron	3.72	22	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	30	179	mg
Phosphorus	195	1170	mg
Potassium	206	1230	mg
Sodium	322	1930	mg
Chloride	3	19	mg
Zinc	1.19	7	mg
Copper	0.267	2	mg
Manganese	0.673	4	mg
Selenium	-	-	µg
Iodine	23	140	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	0.54	3	mg
Vitamin B3 (Total)	3.4	20	mg
Vitamin B5	0.47	3	mg
Vitamin B6	0.40	2	mg
Vitamin B7 (Biotin)	2.0	12	µg
Vitamin B9 (Folic Acid)	36	218	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Tuweetat

Approximately 4 adults

Ingredients	Quantity
While flour	435 g
Oil	120 ml
Baking powder	10 g
Powdered sugar (for topping)	100 g
Fine semolina	165 g
Instant yeast	3 g
Warm water	250 ml

Preparation Method

1. Dissolve the yeast in the warm water and let it sit for a minute to activate.
2. In a deep bowl, combine the flour, semolina, and baking powder until evenly mixed. Add the oil and rub/mix for about two minutes until the flour absorbs it.
3. Gradually pour in the yeast mixture while kneading by hand for about five minutes until a soft, cohesive dough forms. Cover and let rest for 10 minutes.
4. Roll the dough to a medium thickness on a flat surface, then cut into medium circles using a cup or round cutter.
5. Press each circle lightly on a textured surface (e.g., the rough side of a grater or a textured mat) to imprint a pattern, then roll it into a cylinder so the pattern shows.
6. Heat oil in a deep-frying pan over medium heat for about 10 minutes. Fry the dough rolls, turning occasionally, until golden on all sides. Drain and let cool.
7. Dust with powdered sugar and serve.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1683	17900	kJ
Energy (kcal)	403	4270	kcal
Moisture Content	25.6	272	g
Total Protein	7.8	83	g
Total Nitrogen	1.2	13	g
Total Fat	22.7	241	g
Available Carbohydrates	40.3	428	g
Total Carbohydrates	43.3	460	g
Total sugars	9.6	102	g
Added Sugar	8.9	95	g
Total Dietary Fibre	3.3	35	g
Soluble Fibre	1.3	13	g
Insoluble Fibre	2.0	22	g
Ash Content	0.2	2	g
Cholesterol	6.0	64	mg
Saturated Fatty Acids	2.66	28	g
Monounsaturated Fatty Acids	6.05	64	g
Polyunsaturated Fatty Acids	13.8	146	g
Total Unsaturated Fat	19.8	210	g
Trans-Fat (TFA)	0.24	3	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	13.7	146	g
Sum of Omega-9 (n-9)	5.99	64	g
Calcium	16	165	mg
Iron	2.57	27	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	25	269	mg
Phosphorus	217	2300	mg
Potassium	153	1630	mg
Sodium	149	1580	mg
Chloride	0	2	mg
Zinc	0.85	9	mg
Copper	0.143	2	mg
Manganese	0.593	6	mg
Selenium	20	212	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	120	1274	µg
Beta-carotene	-	-	µg
Vitamin D	4.7	50	µg
Vitamin E (as a-Tocopherol)	5.7	61	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.60	6	mg
Vitamin B2	0.50	5	mg
Vitamin B3 (Total)	3.3	35	mg
Vitamin B5	-	-	mg
Vitamin B6	0.30	3	mg
Vitamin B7 (Biotin)	3.7	39	µg
Vitamin B9 (Folic Acid)	49	524	µg
Vitamin B12 (Cyanocobalamin)	1.7	18	µg

Recipe Name

Haisah

Approximately 4 adults

Ingredients	Quantity
Whole wheat flour	120 g
Ghee	100 g
Khalas dates (maknooz, pits removed)	400 g
Ground cardamom	3 g

Preparation Method

1. Place the flour in a flat pan over low heat and toast it for about 10 minutes until it turns light golden in color, then set aside to cool.
2. In a medium-sized pot, melt the ghee over medium heat for a minute.
3. Add the dates and stir continuously with a wooden spoon for about 5 minutes until the dates soften and blend with the ghee.
4. Add the toasted flour and stir for 2 minutes until fully combined with the date mixture.
5. Add the ground cardamom, turn off the heat, and stir for another 2 minutes until well mixed. The Haisah is ready to serve.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1647	10000	kJ
Energy (kcal)	393	2400	kcal
Moisture Content	13.7	83	g
Total Protein	4.4	27	g
Total Nitrogen	0.7	4	g
Total Fat	14.7	90	g
Available Carbohydrates	55.7	340	g
Total Carbohydrates	65.3	399	g
Total sugars	40.7	248	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	9.9	60	g
Soluble Fibre	0.2	1	g
Insoluble Fibre	9.7	59	g
Ash Content	1.7	10	g
Cholesterol	31.7	193	mg
Saturated Fatty Acids	9.78	60	g
Monounsaturated Fatty Acids	3.71	23	g
Polyunsaturated Fatty Acids	0.6	4	g
Total Unsaturated Fat	4.31	26	g
Trans-Fat (TFA)	0.58	4	g
Sum of Omega-3 (n-3)	0.18	1	g
Sum of Omega-6 (n-6)	0.42	3	g
Sum of Omega-9 (n-9)	3.23	20	g
Calcium	52	317	mg
Iron	1.23	8	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	81	496	mg
Phosphorus	138	840	mg
Potassium	529	3220	mg
Sodium	23	137	mg
Chloride	1	6	mg
Zinc	1.54	9	mg
Copper	0.363	2	mg
Manganese	0.863	5	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	93	565	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	5.1	31	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.0	6	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.0	12	µg
Vitamin B9 (Folic Acid)	103	630	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Al-Daleekah

Approximately 4 adults

Ingredients	Quantity
Whole wheat flour	150 g
Crushed dried yogurt (Iqt)	100 g
Khalas dates (Maknooz, pits removed)	500 g
Crushed dried yogurt (Iqt), for garnish	2.5 g
Millet flour	150 g
Ghee	100 g
Ground turmeric	2 g

Preparation Method

1. Place the whole wheat flour in a medium saucepan over low heat and stir with a spoon for about 6 minutes until it turns light golden. Add the millet flour and toast together for another 3 minutes.
2. Melt the ghee in a small pan over low heat for a minute.
3. Pour the melted ghee over the toasted flours, add turmeric and half the amount of crushed dried yogurt (Iqt), and stir for about 2 minutes until the flours absorb the ghee and become sandy in texture.
4. Add the dates and the remaining Iqt, then mix and press the ingredients with a wooden spoon for about 6 minutes until the mixture is well combined and forms a crumbly dough.
5. Garnish with crushed dried yogurt (Iqt) and serve warm.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1477	14300	kJ
Energy (kcal)	353	3410	kcal
Moisture Content	10.8	104	g
Total Protein	9.1	88	g
Total Nitrogen	1.5	14	g
Total Fat	4.4	42	g
Available Carbohydrates	63.7	615	g
Total Carbohydrates	73.0	705	g
Total sugars	42.3	408	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	9.6	92	g
Soluble Fibre	1.2	11	g
Insoluble Fibre	8.4	81	g
Ash Content	2.3	23	g
Cholesterol	32.3	312	mg
Saturated Fatty Acids	2.78	27	g
Monounsaturated Fatty Acids	0.98	9	g
Polyunsaturated Fatty Acids	0.39	4	g
Total Unsaturated Fat	1.37	13	g
Trans-Fat (TFA)	0.22	2	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.31	3	g
Sum of Omega-9 (n-9)	0.88	8	g
Calcium	161	1550	mg
Iron	1.75	17	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	90	873	mg
Phosphorus	220	2120	mg
Potassium	692	6680	mg
Sodium	66	637	mg
Chloride	3	27	mg
Zinc	1.71	17	mg
Copper	0.467	5	mg
Manganese	1.04	10	mg
Selenium	20	193	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	50	483	µg
Beta-carotene	-	-	µg
Vitamin D	1.0	10	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	4.5	43	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.37	4	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	3.0	29	mg
Vitamin B5	0.58	6	mg
Vitamin B6	0.53	5	mg
Vitamin B7 (Biotin)	5.3	51	µg
Vitamin B9 (Folic Acid)	70	673	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Melon Kunafah

Approximately 4 adults

Ingredients	Quantity
Kunafah dough	500 g
Ghee for Kunafah	250 g
Ghee for greasing the pan	20 g
Melon, thinly sliced	500 g
Ground cardamom	3 g

syrup Ingredients	Quantity
Sugar	250 g
Lemon juice	3 ml
Water	125 ml

Preparation Method

Preparing the syrup:

1. In a medium saucepan over low heat, combine the water and sugar, stirring until dissolved.
2. Add the lemon juice and stir for 2 minutes.
3. Leave the mixture on low heat for about 10 minutes until it slightly thickens to form a syrup.
4. Remove from heat and allow to cool for 30 minutes.

Preparing the Kunafah:

1. Break the Kunafah dough by hand into medium pieces and place in a large bowl. Add the ground cardamom and mix well.
2. Gradually add the ghee, rubbing it into the Kunafah with your hands for about 3 minutes until evenly coated.
3. Grease the baking pan with ghee on the bottom and sides.
4. Spread half of the Kunafah mixture evenly into the pan, pressing it down firmly to form a smooth base layer.
5. Arrange the melon slices evenly over the base layer, leaving the edges uncovered.
6. Add the remaining Kunafah mixture over the melon, pressing down gently to even out the surface.
7. Preheat the oven to 200°C for 20 minutes.
8. Place the pan on the lower rack with heat from both top and bottom and bake for 30-35 minutes until golden and crisp.
9. Invert the Kunafah onto a serving tray, pour the syrup over it immediately, cut into pieces, and serve warm.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1503	19900	kJ
Energy (kcal)	359	4760	kcal
Moisture Content	30.8	408	g
Total Protein	3.0	40	g
Total Nitrogen	0.5	7	g
Total Fat	17.9	237	g
Available Carbohydrates	45.3	601	g
Total Carbohydrates	21.0	278	g
Total sugars	18.9	251	g
Added Sugar	48.0	636	g
Total Dietary Fibre	2.7	35	g
Soluble Fibre	0.6	8	g
Insoluble Fibre	2.0	27	g
Ash Content	0.3	4	g
Cholesterol	44.0	583	mg
Saturated Fatty Acids	12.7	169	g
Monounsaturated Fatty Acids	4.02	53	g
Polyunsaturated Fatty Acids	0.53	7	g
Total Unsaturated Fat	4.55	60	g
Trans-Fat (TFA)	0.55	7.34	g
Sum of Omega-3 (n-3)	0.16	2.12	g
Sum of Omega-6 (n-6)	0.37	5	g
Sum of Omega-9 (n-9)	3.45	46	g
Calcium	18	240	mg
Iron	1.22	16	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	12	163	mg
Phosphorus	33	438	mg
Potassium	186	2470	mg
Sodium	150	1990	mg
Chloride	1	17	mg
Zinc	0.37	5	mg
Copper	0.063	1	mg
Manganese	0.277	4	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	1.4	18	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.5	20	mg
Vitamin B5	0.40	5	mg
Vitamin B6	1.0	13	mg
Vitamin B7 (Biotin)	2.7	35	µg
Vitamin B9 (Folic Acid)	47	619	µg
Vitamin B12 (Cyanocobalamin)	2.0	27	µg

Recipe Name

Cream Kunafah

Approximately 6 adults

Ingredients	Quantity
Kunafah dough	500 g
Ghee for Kunafah	250 g
Ghee for greasing the pan	20 g
Cream	500 g
Ground cardamom	3 g

syrup Ingredients	Quantity
Sugar	250 g
Lemon juice	3 ml
Water	125 ml

Preparation Method

Preparing the syrup:

1. In a medium saucepan over low heat, combine the water and sugar, stirring until dissolved.
2. Add the lemon juice and stir for 2 minutes.
3. Leave the mixture on low heat for about 10 minutes until it slightly thickens to form a syrup.
4. Remove from heat and allow to cool for 30 minutes.

Preparing the Kunafah:

1. Break the Kunafah dough by hand into medium pieces and place in a large bowl. Add the ground cardamom and mix well.
2. Gradually add the ghee, rubbing it into the Kunafah for about 3 minutes until evenly coated.
3. Grease the baking pan with ghee on the bottom and sides.
4. Spread half of the Kunafah mixture evenly into the pan, pressing it down firmly to form a smooth base layer.
5. Spread the cream evenly over the base layer, leaving the edges uncovered.
6. Add the remaining Kunafah mixture over the filling and press gently to even out the surface.
7. Preheat the oven to 200°C for 20 minutes.
8. Place the pan on the lower rack with heat from both top and bottom and bake for 30-35 minutes until golden and crisp.
9. Invert the Kunafah onto a serving tray, pour the syrup evenly over it, cut into pieces, and serve warm.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1743	26200	kJ
Energy (kcal)	417	6260	kcal
Moisture Content	25.3	380	g
Total Protein	3.2	49	g
Total Nitrogen	0.5	8	g
Total Fat	25.2	378	g
Available Carbohydrates	44.0	660	g
Total Carbohydrates	45.7	685	g
Total sugars	18.9	284	g
Added Sugar	16.6	250	g
Total Dietary Fibre	2.0	30	g
Soluble Fibre	0.9	13	g
Insoluble Fibre	1.1	17	g
Ash Content	0.6	8	g
Cholesterol	62.0	931	mg
Saturated Fatty Acids	17.2	259	g
Monounsaturated Fatty Acids	6.13	92	g
Polyunsaturated Fatty Acids	0.98	15	g
Total Unsaturated Fat	7.11	107	g
Trans-Fat (TFA)	0.82	12	g
Sum of Omega-3 (n-3)	0.2	3.0	g
Sum of Omega-6 (n-6)	0.78	12	g
Sum of Omega-9 (n-9	5.57	84	g
Calcium	33	491	mg
Iron	1.19	18	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	11	169	mg
Phosphorus	50	748	mg
Potassium	84	1260	mg
Sodium	152	2280	mg
Chloride	3	41	mg
Zinc	0.26	4	mg
Copper	0.047	1	mg
Manganese	0.210	3	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	140	2101	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	1.7	26	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.7	26	mg
Vitamin B5	0.30	5	mg
Vitamin B6	0.40	6	mg
Vitamin B7 (Biotin)	1.0	15	µg
Vitamin B9 (Folic Acid)	76	1136	µg
Vitamin B12 (Cyanocobalamin)	2.0	30	µg

Recipe Name

Cheese Kunafah

Approximately 6 adults

Ingredients	Quantity
Kunafah dough	500 g
Ghee for Kunafah	250 g
Ghee for greasing the pan	20 g
Soft cheese	387 g
Ground cardamom	3 g

Syrup Ingredients	Quantity
Sugar	250 g
Lemon juice	3 ml
Water	125 ml

Preparation Method

Preparing the syrup:

1. In a medium saucepan over low heat, combine the water and sugar, stirring until the sugar dissolves.
2. Add the lemon juice and stir for 2 minutes.
3. Continue heating for about 10 minutes until the syrup slightly thickens, then remove from heat and let it cool for 30 minutes.

Preparing the Kunafah:

1. Break the Kunafah dough by hand into medium pieces and place in a large bowl. Add the ground cardamom and mix well.
2. Gradually add the ghee, rubbing it into the Kunafah for about 3 minutes until evenly coated.
3. Grease the baking pan with ghee on the bottom and sides.
4. Spread half of the Kunafah mixture evenly into the pan, pressing it down firmly to form a smooth base layer.
5. Spread the soft cheese evenly over the base layer, leaving the edges uncovered.
6. Add the remaining Kunafah mixture over the filling and press gently to even out the surface.
7. Preheat the oven to 200°C for 20 minutes.
8. Place the pan on the lower rack with heat from both top and bottom and bake for 30-35 minutes until golden and crisp.
9. Invert the Kunafah onto a serving tray, pour the syrup evenly over it, cut into pieces, and serve warm.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1737	22900	kJ
Energy (kcal)	414	5460	kcal
Moisture Content	21.7	286	g
Total Protein	5.5	73	g
Total Nitrogen	0.9	11	g
Total Fat	21.6	285	g
Available Carbohydrates	49.7	656	g
Total Carbohydrates	49.7	656	g
Total sugars	19.5	258	g
Added Sugar	18.9	250	g
Total Dietary Fibre	-	-	g
Soluble Fibre	-	-	g
Insoluble Fibre	-	-	g
Ash Content	1.6	22	g
Cholesterol	55.3	730	mg
Saturated Fatty Acids	14.7	194	g
Monounsaturated Fatty Acids	5.43	72	g
Polyunsaturated Fatty Acids	0.8	11	g
Total Unsaturated Fat	6.23	82	g
Trans-Fat (TFA)	0.62	8	g
Sum of Omega-3 (n-3)	0.23	3	g
Sum of Omega-6 (n-6)	0.56	7	g
Sum of Omega-9 (n-9)	5.09	67	g
Calcium	79	1040	mg
Iron	1.51	20	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	15	202	mg
Phosphorus	88	1160	mg
Potassium	143	1890	mg
Sodium	554	7310	mg
Chloride	4	58	mg
Zinc	0.64	8	mg
Copper	0.083	1	mg
Manganese	0.273	4	mg
Selenium	-	-	µg
Iodine	25	326	µg
Vitamin A (as Retinol)	62	823	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	4.5	59	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.8	24	mg
Vitamin B5	1.6	21	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.0	26	µg
Vitamin B9 (Folic Acid)	66	871	µg
Vitamin B12 (Cyanocobalamin)	3.0	40	µg

Recipe Name

Labaniyah

Approximately 6 adults

Ingredients	Quantity
Powdered milk	480 g
Rose water	12 ml
Oil	175 ml
Dried Madinah rose petals	2 g
Sugar	800 g
Ground cardamom	2 g
Water	250 ml

Preparation Method

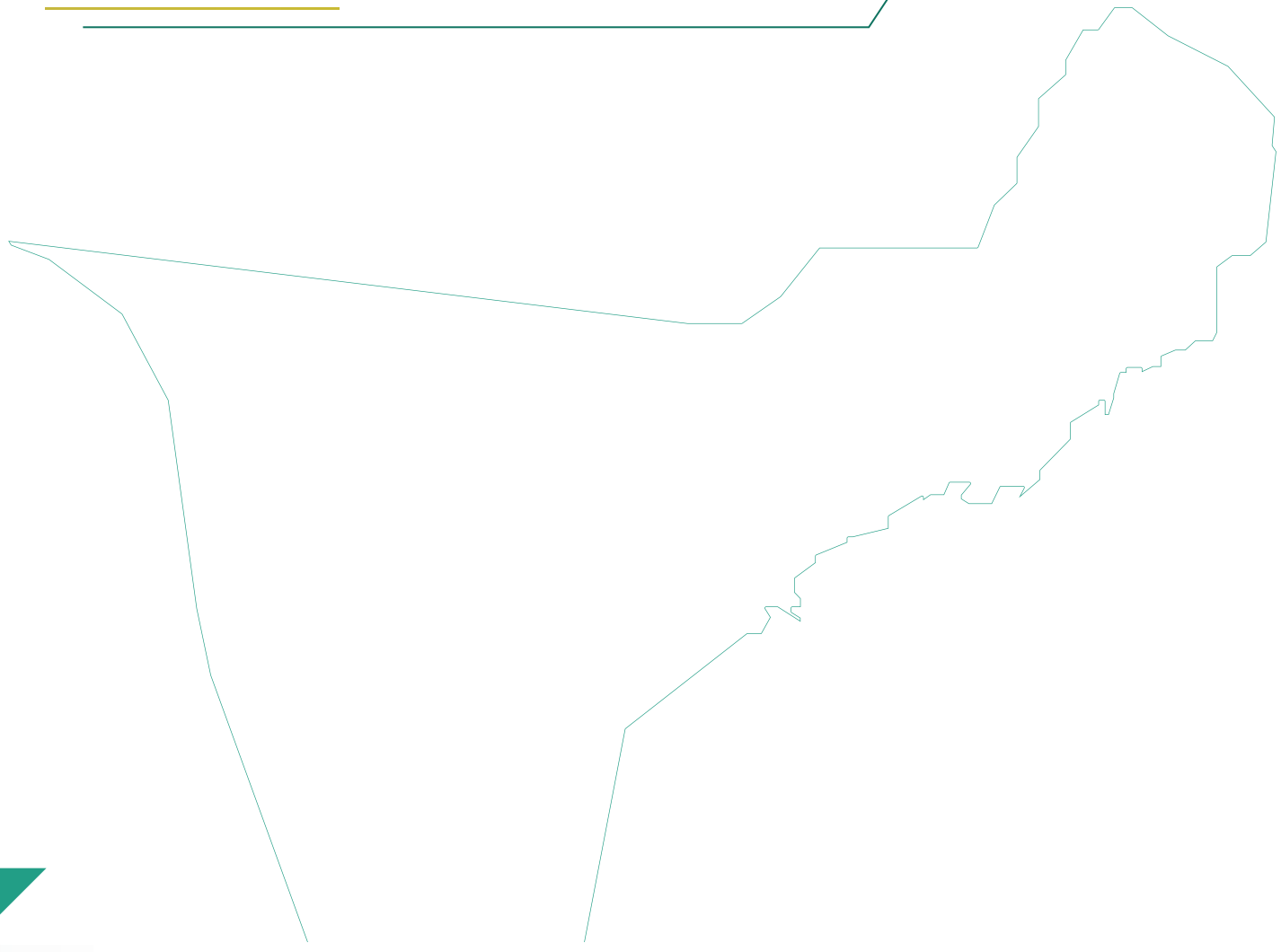
1. In a medium saucepan over medium heat, combine the water and sugar, stirring for about 4 minutes until the sugar dissolves and the mixture comes to a boil.
2. Reduce the heat to low and continue stirring for 15 minutes until the syrup thickens.
3. Remove from heat, then add the oil, rose water, and ground cardamom. Stir for a minute until well blended.
4. Add the powdered milk gradually, stirring for about 2 minutes until the mixture thickens into a soft dough.
5. Pour the Labaniyah mixture into a tray and let it cool slightly, then cut it into pieces and garnish with dried Madinah rose petals.
6. Cover with parchment paper and leave for 2 hours to cool completely before serving.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1850	28100	kJ
Energy (kcal)	442	6710	kcal
Moisture Content	5.5	84	g
Total Protein	1.2	19	g
Total Nitrogen	0.2	3	g
Total Fat	12.9	196	g
Available Carbohydrates	79.3	1210	g
Total Carbohydrates	79.3	1210	g
Total sugars	54.3	825	g
Added Sugar	52.6	800	g
Total Dietary Fibre	-	-	g
Soluble Fibre	-	-	g
Insoluble Fibre	-	-	g
Ash Content	0.9	13	g
Cholesterol	-	-	mg
Saturated Fatty Acids	2.97	45	g
Monounsaturated Fatty Acids	4.23	64	g
Polyunsaturated Fatty Acids	5.69	87	g
Total Unsaturated Fat	9.94	151	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	5.69	87	g
Sum of Omega-9 (n-9)	4.23	64	g
Calcium	95	1450	mg
Iron	0.20	3	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	7	100	mg
Phosphorus	116	1770	mg
Potassium	237	3600	mg
Sodium	69	1040	mg
Chloride	0.5	7	mg
Zinc	0.71	11	mg
Copper	0.043	1	mg
Manganese	-	-	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	200	3040	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	3.3	50	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.0	30	µg
Vitamin B9 (Folic Acid)	33	507	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Eastern Region



Hassawi rice 112

Mbassal 120

Balaleet eggs and onions 114

Fried fish Muhammar 122

Red bread (Hassawi bread) 116

Mouflag with Shrimp 124

Dates Aseedah 118

Mamroos 126

Recipe Name

Hassawi Rice

Approximately 4 adults

Ingredients	Quantity
Lamb with bone, cut into medium pieces	500 g
Onion, finely chopped	230 g
Salt	22 g
Ground dried black lime	3 g
Nigella seeds	6 g
Ghee	100 g
Melted butter (for garnish)	15 g

Ingredients	Quantity
Hassawi rice, washed and soaked for 2 hours	400 g
Tomato, chopped	350 g
Dried black lime	3 pieces
Mixed ground spices	12 g
Tomato paste	80 g
Water	1.8 L

Preparation Method

1. In a medium pressure cooker over medium heat, melt the ghee and stir for a minute. Add the chopped onion and sauté for about 5 minutes until golden.
2. Add the lamb pieces and stir for a minute until browned. Add the mixed spices and toast them with the meat for another minute.
3. Stir in the tomato paste, then add the chopped tomatoes. Cover and cook for 3 minutes until the mixture thickens slightly. Add the whole and ground dried black lime , stir well, then pour in the water and salt. Cover and pressure-cook over medium heat for 35 minutes, then strain the broth.
4. Add the soaked Hassawi rice and Nigella seeds to the strained broth (about 1.3 L). Cover the pot (without pressure) and cook over medium heat for 5 minutes. Reduce the heat to low and simmer for 40 minutes. Check the water level, cover again, and cook for an additional 5 minutes over low heat.
5. Serve the Hassawi rice hot on a flat serving dish, garnished with melted butter.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	680	14700	kJ
Energy (kcal)	163	3510	kcal
Moisture Content	65.9	1420	g
Total Protein	6.5	141	g
Total Nitrogen	1.0	22	g
Total Fat	6.1	133	g
Available Carbohydrates	19.3	417	g
Total Carbohydrates	21.0	453	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	1.5	32	g
Soluble Fibre	0.2	4	g
Insoluble Fibre	1.3	27	g
Ash Content	0.5	12	g
Cholesterol	24.0	517	mg
Saturated Fatty Acids	3.68	79	g
Monounsaturated Fatty Acids	1.86	40	g
Polyunsaturated Fatty Acids	0.35	7	g
Total Unsaturated Fat	2.2	48	g
Trans-Fat (TFA)	0.26	6	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.31	7	g
Sum of Omega-9 (n-9)	1.7	37	g
Calcium	16	348	mg
Iron	1.07	23	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	24	525	mg
Phosphorus	95	2040	mg
Potassium	200	4320	mg
Sodium	275	5940	mg
Chloride	5	106	mg
Zinc	1.65	36	mg
Copper	0.243	5	mg
Manganese	0.303	7	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	3.2	70	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.1	24	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.0	43	µg
Vitamin B9 (Folic Acid)	47	1021	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Balaleet Eggs and Onions

Approximately 4 adults

Ingredients	Quantity
Vermicelli noodles (Syouyah)	400 g
Sugar	125 g
Water	1.7 L
Ghee for vermicelli	20 g

Ingredients	Quantity
Eggs	2 pieces
Onion, finely chopped	80 g
Ghee for eggs	20 g
Salt	2 g

Preparation Method

1. In a medium saucepan over medium heat, combine the water and sugar, stirring until dissolved. Let it simmer for about 5 minutes until it begins to boil.
2. In a separate pan, toast the vermicelli over medium heat for about 5 minutes, stirring continuously until it turns golden brown.
3. Add the toasted vermicelli to the sugar syrup and cook for about 5 minutes until tender, then drain.
4. Return the vermicelli to the pot, add the ghee, and cook over low heat for 2 minutes until any remaining moisture evaporates.
5. In a bowl, whisk the eggs with salt until well combined.
6. In a separate pan, melt the ghee over medium heat, add the chopped onion, and sauté for 2 minutes until golden. Add the beaten eggs and cook for 3 minutes, stirring gently until set and crumbly.
7. Add the egg and onion mixture to the vermicelli, mix gently, and serve hot.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	705	9020	kJ
Energy (kcal)	168	2150	kcal
Moisture Content	61.1	782	g
Total Protein	5.3	68	g
Total Nitrogen	0.9	11	g
Total Fat	4.0	51	g
Available Carbohydrates	26.0	333	g
Total Carbohydrates	29.3	375	g
Total sugars	2.0	26	g
Added Sugar	2.0	26	g
Total Dietary Fibre	3.4	44	g
Soluble Fibre	1.1	14	g
Insoluble Fibre	2.3	30	g
Ash Content	0.2	3	g
Cholesterol	22.0	281	mg
Saturated Fatty Acids	2.31	30	g
Monounsaturated Fatty Acids	1.09	14	g
Polyunsaturated Fatty Acids	0.47	6	g
Total Unsaturated Fat	1.56	20	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.43	6	g
Sum of Omega-9 (n-9)	0.97	12	g
Calcium	10	123	mg
Iron	0.87	11	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	12	156	mg
Phosphorus	57	729	mg
Potassium	88	1130	mg
Sodium	80	1020	mg
Chloride	1	11	mg
Zinc	0.78	10	mg
Copper	0.190	2	mg
Manganese	0.223	3	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	1.1	14	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	1.4	18	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.0	26	µg
Vitamin B9 (Folic Acid)	35	448	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Red Bread (Hassawi Bread)

Approximately 4 adults

Ingredients	Quantity
Whole wheat flour	350 g
Khalas dates (maknooz, pits removed)	200 g
Yeast	3 g
Nigella seeds	2 g

Ingredients	Quantity
Salt	3 g
Fennel seeds	3 g
Water	300 ml
Whole wheat flour for dusting	25 g

Preparation Method

1. In a medium saucepan over medium heat, warm the water for about 2 minutes, then pour it into a large bowl. Add the dates and mash with a wooden spoon for about 6 minutes until dissolved and blended into the water.
2. Add the yeast and salt to the mashed date mixture, then gradually add the flour while kneading for about 2 minutes until a soft, cohesive dough forms. Cover and leave to rise for 1½ hours.
3. Divide the dough into medium-sized balls on a floured surface, cover, and let rest for 30 minutes.
4. Heat a flat griddle (Saj) over medium heat for 3 minutes. Flatten each dough ball by hand on a floured surface.into medium-sized round discs. Sprinkle the tops with fennel and Nigella seeds.
5. Cook the discs on the Saj, flipping frequently for about 5 minutes until fully cooked and lightly browned on both sides. Repeat for the remaining dough.
6. The Red Bread is ready to serve.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1100	8150	kJ
Energy (kcal)	263	1950	kcal
Moisture Content	30.2	224	g
Total Protein	8.8	65	g
Total Nitrogen	1.4	10	g
Total Fat	1.6	12	g
Available Carbohydrates	48.0	356	g
Total Carbohydrates	57.3	425	g
Total sugars	23.5	174	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	9.7	72	g
Soluble Fibre	0.8	6	g
Insoluble Fibre	8.9	66	g
Ash Content	1.8	13	g
Cholesterol	-	-	mg
Saturated Fatty Acids	0.32	2	g
Monounsaturated Fatty Acids	0.33	2	g
Polyunsaturated Fatty Acids	0.94	7	g
Total Unsaturated Fat	1.27	9	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.87	6	g
Sum of Omega-9 (n-9)	0.29	2	g
Calcium	41	306	mg
Iron	2.20	16	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	98	729	mg
Phosphorus	192	1420	mg
Potassium	422	3120	mg
Sodium	193	1430	mg
Chloride	2	13	mg
Zinc	1.75	13	mg
Copper	0.353	3	mg
Manganese	1.88	14	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	1.4	10	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	2.8	21	mg
Vitamin B5	0.29	2	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.0	15	µg
Vitamin B9 (Folic Acid)	65	479	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Dates Aseedah

Approximately 4 adults

Ingredients	Quantity
Whole wheat flour	330 g
Butter, for garnish	50 g
Water	1.5 L
Khalas dates (maknooz, pits removed)	500 g
Ground black pepper, for garnish	1 g

Preparation Method

1. Place the flour in a flat pan over low heat and stir with a spoon for about 5 minutes until it turns light golden, then set aside to cool.
2. In a medium saucepan over medium heat, add the dates and pour in all the water. Stir continuously with a wooden spoon for about 15 minutes until the dates dissolve and the mixture becomes smooth. Strain the mixture through a sieve to remove any lumps, then set aside for 5 minutes to cool.
3. Place the flour and strained date mixture together in a medium saucepan over medium heat. Stir vigorously with a wooden whisk for 2 minutes, then reduce the heat to low and cook for 15 minutes until the mixture thickens.
4. Cover the saucepan and continue cooking over very low heat for 10 minutes, stirring every 3 minutes, until the Aseedah becomes thick and creamy in texture and ready to serve.
5. In a small pan, melt the butter over low heat for about 3 minutes until it turns light golden.
6. Serve the Aseedah on a flat serving plate, garnish with the melted butter and ground black pepper, and make a small well in the center to pour in the melted butter.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	638	10200	kJ
Energy (kcal)	152	2430	kcal
Moisture Content	59.7	951	g
Total Protein	4.1	66	g
Total Nitrogen	0.6	10	g
Total Fat	1.5	23	g
Available Carbohydrates	26.7	425	g
Total Carbohydrates	34.0	542	g
Total sugars	19.7	313	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	7.0	112	g
Soluble Fibre	0.9	14	g
Insoluble Fibre	6.1	98	g
Ash Content	0.8	12	g
Cholesterol	4.67	74	mg
Saturated Fatty Acids	0.86	14	g
Monounsaturated Fatty Acids	0.33	5	g
Polyunsaturated Fatty Acids	0.22	4	g
Total Unsaturated Fat	0.55	9	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.2	3	g
Sum of Omega-9 (n-9)	0.29	5	g
Calcium	16	257	mg
Iron	0.37	6	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	36	574	mg
Phosphorus	55	880	mg
Potassium	262	4170	mg
Sodium	11	173	mg
Chloride	0.4	7	mg
Zinc	0.86	14	mg
Copper	0.267	4	mg
Manganese	0.83	13	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	1.1	17	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	0.67	11	mg
Vitamin B5	0.40	6	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	1.0	16	µg
Vitamin B9 (Folic Acid)	10	159	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Mbassal

Approximately 4 adults

Ingredients	Quantity
Whole wheat flour	250 g
Leek, finely chopped	60 g
Mixed ground spices	6 g
Water	420 ml
Date molasses, for garnish	(optional)

Ingredients	Quantity
Onion, finely chopped	30 g
Salt	4 g
Ground black pepper	1 g
Oil, for frying	As needed

Preparation Method

1. In a deep bowl, combine the flour, salt, mixed spices, and black pepper. Gradually add the leeks, onions, and water while stirring continuously until a semi-liquid batter forms. Let the batter rest for 25 minutes.
2. Heat oil in a deep-frying pan over medium heat, filling it about one-quarter full. Let the oil heat for about 4 minutes.
3. Pour the batter into the hot oil using a ladle to form irregular discs. Turn each disc with a fork every minute until cooked evenly and golden on all sides (about 4 minutes per batch). Repeat until all the batter is used.
4. Drain the fried discs from excess oil, arrange them on a flat serving plate, and drizzle with date molasses if desired.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1020	6580	kJ
Energy (kcal)	245	1580	kcal
Moisture Content	46.4	299	g
Total Protein	6.6	42	g
Total Nitrogen	1.0	7	g
Total Fat	10.6	69	g
Available Carbohydrates	26.3	170	g
Total Carbohydrates	35.3	228	g
Total sugars	1.5	10	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	8.9	57	g
Soluble Fibre	0.6	4	g
Insoluble Fibre	8.3	53	g
Ash Content	1.1	7	g
Cholesterol	-	-	mg
Saturated Fatty Acids	1.33	9	g
Monounsaturated Fatty Acids	3.03	20	g
Polyunsaturated Fatty Acids	6.11	39	g
Total Unsaturated Fat	9.14	59	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	6.04	39	g
Sum of Omega-9 (n-9)	2.99	19	g
Calcium	32	209	mg
Iron	1.81	12	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	71	457	mg
Phosphorus	150	965	mg
Potassium	283	1830	mg
Sodium	377	2430	mg
Chloride	4	28	mg
Zinc	1.26	8	mg
Copper	0.220	1	mg
Manganese	1.723	11	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	1.1	7	mg
Vitamin K	4.6	30	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.0	13	µg
Vitamin B9 (Folic Acid)	19.0	123	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Fried Fish Muhammar Barnagoush

Approximately 4 adults

Ingredients	Quantity
Hamour fish, cut into thick pieces	500 g
Salt	14 g
Mixed ground spices	9 g
Oil, for frying	As needed
Date molasses	300 ml
Water	900 ml

Ingredients	Quantity
Long-grain rice, washed and soaked for 30 minutes	400 g
Butter, for garnish	40 g

Preparation Method

1. In a medium saucepan, combine the date molasses with water and stir with a wooden spoon until fully dissolved.
2. Add the rice to the molasses mixture, place the saucepan over medium heat, cover, and cook for 7 minutes. Remove the lid and continue cooking uncovered, stirring occasionally, for about 6 minutes until most of the liquid evaporates. Then reduce the heat to low, cover again, and cook for 15 minutes until the rice is fully cooked.
3. In a deep bowl, season the fish pieces with salt and mixed spices, rubbing the mixture evenly on all sides. Let sit for 10 minutes to absorb the flavors.
4. Heat oil in a flat frying pan over medium heat, filling about one-quarter of the pan. Once the oil is hot (after about 5 minutes), add the fish pieces and fry for 3 minutes on one side, then flip and continue frying for a total of about 15 minutes until golden and cooked through. Drain the fried fish and set aside.
5. In a small pan over very low heat, melt the butter until it turns golden, then set aside for garnish.
6. To serve, spread the cooked rice on a flat serving plate, arrange the fried fish pieces on top, and drizzle with the melted butter.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	765	14000	kJ
Energy (kcal)	183	3350	kcal
Moisture Content	56.8	1040	g
Total Protein	6.9	127	g
Total Nitrogen	1.1	20	g
Total Fat	3.3	60	g
Available Carbohydrates	30.0	550	g
Total Carbohydrates	32.3	593	g
Total sugars	16.6	304	g
Added Sugar	16.1	296	g
Total Dietary Fibre	2.6	47	g
Soluble Fibre	0.4	8	g
Insoluble Fibre	2.1	39	g
Ash Content	0.7	13	g
Cholesterol	12.7	232	mg
Saturated Fatty Acids	1.37	25	g
Monounsaturated Fatty Acids	0.9	17	g
Polyunsaturated Fatty Acids	0.93	17	g
Total Unsaturated Fat	1.83	34	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	0.15	3	g
Sum of Omega-6 (n-6)	0.77	14	g
Sum of Omega-9 (n-9)	0.8	15	g
Calcium	16	292	mg
Iron	-	-	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	20	368	mg
Phosphorus	72	1310	mg
Potassium	267	4900	mg
Sodium	65	1190	mg
Chloride	1	23	mg
Zinc	0.66	12	mg
Copper	0.127	2	mg
Manganese	0.117	2	mg
Selenium	17	306	µg
Iodine	87.3	1602	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	1.1	21	µg
Vitamin E (as a-Tocopherol)	0.5	9	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	0.62	11	mg
Vitamin B5	8.6	158	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.0	37	µg
Vitamin B9 (Folic Acid)	33	611	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Mouflag with Shrimp

Approximately 4 adults

Ingredients	Quantity
Shrimp, washed and peeled	500 g
Cracked wheat (Mouflag grain), washed and soaked for 3 hours	300 g
Onion, finely chopped	140 g
Tomato, finely chopped	170 g
Ghee	50 g
Oil	25 ml
Tomato paste	50 g

Ingredients	Quantity
Salt	18 g
Mixed ground spices	3 g
Ground dried black lime	1 g
Ground coriander	2 g
Ground black pepper	1 g
Hot water	1 L

Preparation Method

1. In a medium pressure cooker over medium heat, add the ghee and oil and stir for 1 minute until the ghee melts. Add the onion and sauté for about 6 minutes until golden. Then add the ground coriander, dried black lemon, mixed spices, black pepper, salt, and tomato paste, stirring for 1 minute.
2. Add the shrimp and stir for 1 minute, then add the chopped tomatoes and stir again. Reduce the heat to low, cover, and cook for 10 minutes until the tomatoes thicken.
3. Add the soaked Mouflag grain and pour in the hot water. Stir to combine, then increase the heat to medium and bring to a boil uncovered. Cover the pressure cooker, reduce the heat to low, and cook for 1 hour until the Mouflag grain are tender and the dish is ready to serve.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	458	9350	kJ
Energy (kcal)	109	2230	kcal
Moisture Content	72.5	1480	g
Total Protein	7.6	155	g
Total Nitrogen	1.2	25	g
Total Fat	3.3	67	g
Available Carbohydrates	9.67	197	g
Total Carbohydrates	15.0	306	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	5.4	110	g
Soluble Fibre	0.4	9	g
Insoluble Fibre	5.0	102	g
Ash Content	1.5	31	g
Cholesterol	44.7	912	mg
Saturated Fatty Acids	1.42	29	g
Monounsaturated Fatty Acids	0.85	17	g
Polyunsaturated Fatty Acids	0.92	19	g
Total Unsaturated Fat	1.76	36	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.83	17	g
Sum of Omega-9 (n-9)	0.79	16	g
Calcium	21	437	mg
Iron	0.63	13	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	33	674	mg
Phosphorus	123	2500	mg
Potassium	218	4450	mg
Sodium	500	10200	mg
Chloride	6	118	mg
Zinc	0.72	15	mg
Copper	0.240	5	mg
Manganese	0.453	9	mg
Selenium	-	-	µg
Iodine	67	1367	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	1.4	29	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.10	2	mg
Vitamin B2	0.04	1	mg
Vitamin B3 (Total)	0.61	12	mg
Vitamin B5	-	-	mg
Vitamin B6	0.10	2	mg
Vitamin B7 (Biotin)	2.0	41	µg
Vitamin B9 (Folic Acid)	56	1150	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Mamroos

Approximately 4 adults

Ingredients	Quantity
Khalas dates (pits removed)	200 g
Butter	62 g
Ground nutmeg	0.5 g
Ground cloves	0.5 g
Water	80 ml

Ingredients	Quantity
Whole wheat flour	240 g
Ground cardamom	1 g
Ground fennel seeds	2 g
Ground ginger	0.25 g

Preparation Method

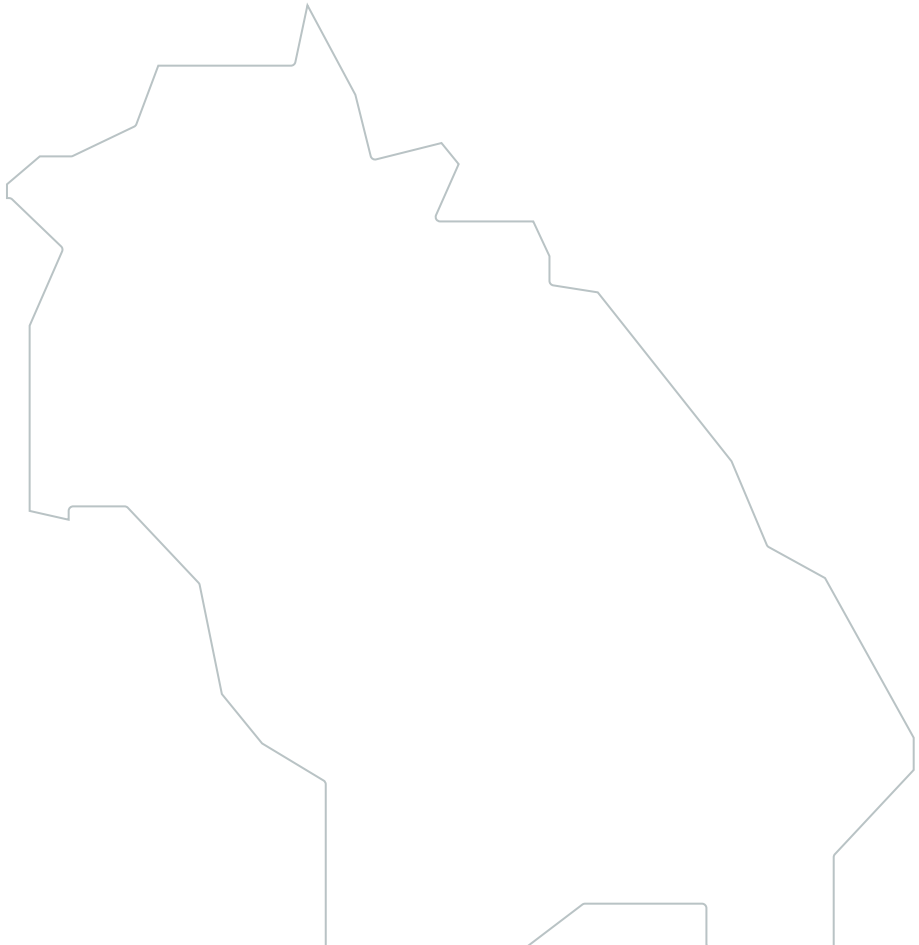
1. Place the flour in a flat pan over medium heat and stir for 2 minutes. Reduce the heat to low and continue stirring with a wooden spoon for 9 minutes until the flour turns light golden. Remove from heat and let cool for 15 minutes.
2. In a medium saucepan over medium heat, add the dates, water, and 7 g of butter. Stir for 2 minutes until the butter melts and the dates combine with the water. Lower the heat, cover, and cook for 10 minutes, stirring occasionally, until the dates soften.
3. Place half of the roasted flour in a shallow mixing bowl and gradually add the date mixture. Mix the flour and dates by hand until well combined, gradually adding the remaining flour over 10 minutes until a sandy texture is achieved.
4. In a small pan, melt the remaining butter over low heat for 1 minute.
5. Add the ground spices (fennel, cardamom, cloves, nutmeg, and ginger) to the date, flour mixture and mix well. Gradually pour in the melted butter, kneading by hand for 5 minutes until fully combined. The Mamroos is now ready to serve.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1470	7700	kJ
Energy (kcal)	351	1840	kcal
Moisture Content	17.8	93	g
Total Protein	8.4	44	g
Total Nitrogen	1.4	7	g
Total Fat	9.3	49	g
Available Carbohydrates	53.0	278	g
Total Carbohydrates	63.0	330	g
Total sugars	40.6	213	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	10.0	52	g
Soluble Fibre	2.2	12	g
Insoluble Fibre	7.8	41	g
Ash Content	1.5	8	g
Cholesterol	21.0	110	mg
Saturated Fatty Acids	6.04	32	g
Monounsaturated Fatty Acids	2.09	11	g
Polyunsaturated Fatty Acids	0.87	5	g
Total Unsaturated Fat	2.96	16	g
Trans-Fat (TFA)	0.32	2	g
Sum of Omega-3 (n-3)	0.11	1	g
Sum of Omega-6 (n-6)	0.76	4	g
Sum of Omega-9 (n-9)	1.88	10	g
Calcium	50	263	mg
Iron	1.80	9	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	85	446	mg
Phosphorus	137	717	mg
Potassium	411	2150	mg
Sodium	56	291	mg
Chloride	2	11	mg
Zinc	0.87	5	mg
Copper	0.303	2	mg
Manganese	2.25	12	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	49	258	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	0.6	3	mg
Vitamin K	3.3	17	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	2.4	13	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.0	10	µg
Vitamin B9 (Folic Acid)	25	129	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Al Qaseem



Tawah 130

Duweifah 132

Marasee' 134

Masabeeb 136

Qurs 'Aqeeli 138

Kleja 140

Matazeez 142

Recipe Name

Tawah

Approximately 4 adults

Ingredients	Quantity
Whole wheat flour	300 g
Salt	1 g
Instant yeast	5 g
Oil (for frying)	As needed
Water	233 ml
Sugar	5 g
Honey (for garnish)	40 g

Preparation Method

Dough Preparation:

1. In a deep bowl, combine the yeast, sugar, and salt. Gradually add the water while stirring until the ingredients dissolve.
2. Gradually add the flour while kneading by hand until a firm, stiff dough forms.
3. Cover the dough and let it rest for 5 minutes, then knead again. Cover and leave to rest for 1 hour.
4. Grease a flat plate with oil, divide the dough into small balls, and place them on the plate.
5. Roll each ball into a circular disk that is thin at the edges and slightly thicker in the center.

Frying:

1. Heat the oil over high heat for 15 minutes before frying.
2. Reduce the heat to medium, place the dough disks in the oil, and gently move them until they puff up and turn golden. Continue flipping for 1 minute until cooked through.
3. Arrange the fried disks on a flat serving plate and drizzle honey on top before serving.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1247	6970	kJ
Energy (kcal)	299	1670	kcal
Moisture Content	33.1	185	g
Total Protein	9.9	55	g
Total Nitrogen	1.6	9	g
Total Fat	10.4	58	g
Available Carbohydrates	37.0	207	g
Total Carbohydrates	45.7	255	g
Total sugars	8.3	46	g
Added Sugar	8.0	45	g
Total Dietary Fibre	8.2	46	g
Soluble Fibre	1.1	6	g
Insoluble Fibre	7.2	40	g
Ash Content	1.2	7	g
Cholesterol	-	-	mg
Saturated Fatty Acids	1.27	7	g
Monounsaturated Fatty Acids	2.7	15	g
Polyunsaturated Fatty Acids	6.31	35	g
Total Unsaturated Fat	9.01	50	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	6.24	35	g
Sum of Omega-9 (n-9)	2.66	15	g
Calcium	29	159	mg
Iron	2.38	13	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	73	410	mg
Phosphorus	144	805	mg
Potassium	244	1360	mg
Sodium	87	485	mg
Chloride	2	10	mg
Zinc	1.02	6	mg
Copper	0.253	1	mg
Manganese	2.35	13	mg
Selenium	10	56	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	6.5	36	µg
Vitamin E (as a-Tocopherol)	1.0	5	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.50	3	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.1	6	mg
Vitamin B5	-	-	mg
Vitamin B6	0.40	2	mg
Vitamin B7 (Biotin)	2.0	11	µg
Vitamin B9 (Folic Acid)	39	216	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Duweifah

Approximately 4 adults

Ingredients	Quantity
Whole wheat flour	70 g
Zucchini, cut lengthwise into quarters	60 g
Eggplant, cut lengthwise into quarters	60 g
Pumpkin, cut into medium cubes	70 g
Onion, finely chopped	20 g
Tomato paste	20 g

Ingredients	Quantity
Ground tomatoes	200 ml
Salt	4 g
Mixed spices	5 g
Rendered fat (waddak)	20 g
Water (for dissolving flour)	200 ml
Water	1.3 L

Preparation Method

1. In a deep bowl, mix the flour with 200 ml of water using a whisk until a smooth, liquid batter forms.
2. In a deep pot, add the rendered fat and onion. Stir over medium heat for 2 minutes until the onion softens.
3. Add the tomato paste and stir for 2 minutes, then add the ground tomatoes. Add the vegetables (zucchini, eggplant, and pumpkin), along with the mixed spices and salt. Stir well to combine.
4. Pour in the water, cover the pot, and cook over high heat for 3 minutes.
5. Reduce the heat to medium and cook for 30 minutes.
6. Gradually add the dissolved flour mixture while stirring continuously. Cook over low heat for 25 minutes until the mixture thickens and the Duweifah is ready to serve.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	123	1850	kJ
Energy (kcal)	29	443	kcal
Moisture Content	92.6	1400	g
Total Protein	0.6	9	g
Total Nitrogen	0.1	2	g
Total Fat	1.4	22	g
Available Carbohydrates	2.0	30	g
Total Carbohydrates	5.0	76	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	3.0	46	g
Soluble Fibre	1.3	20	g
Insoluble Fibre	1.8	27	g
Ash Content	0.3	4	g
Cholesterol	-	-	mg
Saturated Fatty Acids	0.61	9	g
Monounsaturated Fatty Acids	0.59	9	g
Polyunsaturated Fatty Acids	0.18	3	g
Total Unsaturated Fat	0.77	12	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.15	2	g
Sum of Omega-9 (n-9)	0.56	8	g
Calcium	12	174	mg
Iron	0.66	10	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	14	214	mg
Phosphorus	29	440	mg
Potassium	173	2620	mg
Sodium	165	2490	mg
Chloride	2	30	mg
Zinc	0.35	5	mg
Copper	0.053	1	mg
Manganese	0.240	4	mg
Selenium	-	-	µg
Iodine	25	378	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	2.1	32	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.0	30	µg
Vitamin B9 (Folic Acid)	25	373	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Marasee'

Approximately 4 adults

Kashnah Ingredients	Quantity
Onion, finely chopped	100 g
Tomato, finely chopped	100 g
Ghee	80 g
Salt	2 g
Mixed spices	6 g

Dough Ingredients	Quantity
Whole wheat flour	300 g
Salt	1 g
Water	300 ml

Preparation Method

Dough Preparation:

1. In a deep bowl, combine the flour and salt. Gradually add water while kneading by hand until a soft, cohesive dough forms.
2. Cover the dough and let it rest for 15 minutes.
3. Divide the dough into medium-sized balls.
4. Flatten each ball by hand into a medium-thick circular disk, pressing from the center toward the edges.
5. **Kashnah Preparation:**
   Place the ghee, onion, mixed spices, salt, and tomato in a pan. Stir over low heat for 17 minutes until the tomatoes soften and the mixture becomes well combined.

Cooking the Disks:

1. Heat a flat griddle (Saj) over high heat for 5 minutes.
2. Place the dough disks on the griddle and cook for 3 minutes, then flip and cook the other side over medium heat for about 3 minutes until fully done.
3. Stack the cooked disks on top of each other, spreading the kashnah between each layer. Continue until all layers are complete, then serve the Marasee'.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	976	7240	kJ
Energy (kcal)	233	1730	kcal
Moisture Content	47.1	349	g
Total Protein	6.4	48	g
Total Nitrogen	1.0	8	g
Total Fat	8.7	64	g
Available Carbohydrates	28.0	208	g
Total Carbohydrates	36.3	270	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	8.3	61	g
Soluble Fibre	1.3	9	g
Insoluble Fibre	7.0	52	g
Ash Content	1.4	10	g
Cholesterol	22.7	168	mg
Saturated Fatty Acids	5.38	40	g
Monounsaturated Fatty Acids	2.14	16	g
Polyunsaturated Fatty Acids	0.83	6	g
Total Unsaturated Fat	2.97	22	g
Trans-Fat (TFA)	0.32	2	g
Sum of Omega-3 (n-3)	0.11	0.8	g
Sum of Omega-6 (n-6)	0.72	5	g
Sum of Omega-9 (n-9)	1.85	14	g
Calcium	34	253	mg
Iron	1.48	11	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	72	532	mg
Phosphorus	180	1340	mg
Potassium	259	1920	mg
Sodium	230	1710	mg
Chloride	4	28	mg
Zinc	1.76	13	mg
Copper	0.233	2	mg
Manganese	0.880	7	mg
Selenium	-	-	µg
Iodine	26	193	µg
Vitamin A (as Retinol)	67	495	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	0.5	4	mg
Vitamin K	1.2	9	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	0.16	1	mg
Vitamin B3 (Total)	0.40	3	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	6.0	45	µg
Vitamin B9 (Folic Acid)	57	420	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Masabeeb

Approximately 4 adults

Masabeeb Ingredients	Quantity
Whole wheat flour	400 g
Salt	5 g
Water	942 ml

Sweet Mixture Ingredients	Quantity
Ghee	40 g
Honey	40 g

Preparation Method

Batter Preparation:

1. In a deep bowl, combine the flour and salt, then gradually pour in the water.
2. Mix using a hand whisk until a smooth, liquid batter forms. Cover the bowl and let it rest at room temperature for 15 minutes.

Sweet Mixture Preparation:

Place the ghee and honey in a pan over very low heat, stirring until the ghee melts and blends evenly with the honey.

Cooking the Masabeeb:

1. Heat a flat griddle (Saj) over medium heat for 5 minutes.
2. Lightly grease the surface of the griddle with oil to prevent sticking.
3. Pour the batter onto the griddle using a ladle, forming medium-sized circles of moderate thickness.
4. Cook each masabeeb on one side for 2 minutes, then flip and cook the other side for another 2 minutes until fully cooked.
5. Place the masabeeb on a flat serving plate, drizzle with the sweet mixture, and serve.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	724	7450	kJ
Energy (kcal)	173	1780	kcal
Moisture Content	56.5	581	g
Total Protein	5.8	60	g
Total Nitrogen	0.9	10	g
Total Fat	4.1	43	g
Available Carbohydrates	23.3	240	g
Total Carbohydrates	32.3	333	g
Total sugars	4.0	41	g
Added Sugar	3.9	40	g
Total Dietary Fibre	8.7	90	g
Soluble Fibre	0.9	10	g
Insoluble Fibre	7.8	80	g
Ash Content	1.3	13	g
Cholesterol	6.0	62	mg
Saturated Fatty Acids	2.12	22	g
Monounsaturated Fatty Acids	1.07	11	g
Polyunsaturated Fatty Acids	0.82	8	g
Total Unsaturated Fat	1.88	19	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.73	8	g
Sum of Omega-9 (n-9)	0.99	10	g
Calcium	28	290	mg
Iron	1.40	14	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	69	714	mg
Phosphorus	185	1910	mg
Potassium	201	2070	mg
Sodium	199	2050	mg
Chloride	3	28	mg
Zinc	2.08	21	mg
Copper	0.207	2	mg
Manganese	0.783	8	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	1.7	18	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.40	4	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	3.4	35	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	3.0	31	µg
Vitamin B9 (Folic Acid)	82	848	µg
Vitamin B12 (Cyanocobalamin)	1.3	14	µg

Recipe Name

Qurs 'Aqeeli

Approximately 4 adults

Ingredients	Quantity
Whole wheat flour	200 g
White flour	30 g
Baking powder	7 g
Vanilla powder	3 g
Ground cardamom	5 g
Sugar	133 g
Roasted sesame seeds	10 g

Ingredients	Quantity
Saffron threads	0.4 g
Eggs	3 pieces
Fresh milk	130 ml
Water	7 ml
Liquid tahini	7 ml
Vegetable oil	130 ml

Preparation Method

1. In an electric blender, combine the eggs and sugar, and blend for 5 minutes.
2. Add the oil and milk to the blender, and blend for 1 minute.
3. Add the cardamom, vanilla, and saffron infusion (saffron soaked in 7 ml water), and blend for another minute.
4. In a separate bowl, mix the whole wheat flour and white flour, then sift them together with the baking powder.
5. Pour the liquid mixture into a deep bowl, then gradually add the flour mixture while stirring in one direction with a hand whisk until well combined.
6. Grease a baking pan with tahini, then sprinkle roasted sesame seeds evenly over the surface. Pour the cake batter into the pan.
7. Preheat the oven to 250°C for 15 minutes (bottom heat only).
8. Place the pan in the oven and bake for 45 minutes, then switch to top heat for 5 minutes until the surface becomes golden. Invert onto a flat serving plate and serve.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1520	10700	kJ
Energy (kcal)	363	2550	kcal
Moisture Content	25.7	180	g
Total Protein	8.5	60	g
Total Nitrogen	1.4	10	g
Total Fat	16.3	114	g
Available Carbohydrates	42.7	300	g
Total Carbohydrates	48.3	339	g
Total sugars	19.3	136	g
Added Sugar	19.0	133	g
Total Dietary Fibre	5.3	37	g
Soluble Fibre	0.6	4	g
Insoluble Fibre	4.7	33	g
Ash Content	1.3	9	g
Cholesterol	71.3	501	mg
Saturated Fatty Acids	2.41	17	g
Monounsaturated Fatty Acids	5.1	36	g
Polyunsaturated Fatty Acids	8.67	61	g
Total Unsaturated Fat	13.8	97	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	8.62	61	g
Sum of Omega-9 (n-9)	5.01	35	g
Calcium	49	345	mg
Iron	1.43	10	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	60	420	mg
Phosphorus	281	1970	mg
Potassium	234	1640	mg
Sodium	228	1600	mg
Chloride	1	4	mg
Zinc	1.76	12	mg
Copper	0.200	1	mg
Manganese	0.767	5	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	40	281	µg
Beta-carotene	-	-	µg
Vitamin D	4.7	33	µg
Vitamin E (as a-Tocopherol)	2.0	14	mg
Vitamin K	2.6	18	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	0.16	1	mg
Vitamin B3 (Total)	1.20	8	mg
Vitamin B5	0.90	6	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	6.0	42	µg
Vitamin B9 (Folic Acid)	53	375	µg
Vitamin B12 (Cyanocobalamin)	1.0	7	µg

Recipe Name

Kleja

Approximately 4 adults

Dough Ingredients	Quantity
Whole wheat flour	512 g
Salt	3 g
Water	240 ml
Ground cardamom	2 g
Ground cinnamon	2 g
Ground dried lime	2 g
Masmnah spice mix	4 g
Ground ginger	2 g
Ground turmeric	1.5 g
Rendered lamb fat (waddak)	157 g

Filling Ingredients	Quantity
Sugar	150 g
Date molasses	15 ml
Ground cardamom	6 g
Ground cinnamon	6 g
Ground dried black lime	6 g
Masmnah spice mix	10 g
Ground ginger	6 g
Water	9 ml

Preparation Method

Filling Preparation:

1. Dissolve the date molasses in water.
2. In a bowl, mix together sugar, cardamom, cinnamon, dried lime, masmnah, and ginger. Add the dissolved date molasses and stir until well combined.

Dough Preparation:

1. In a large bowl, mix the flour with the waddak (rendered lamb fat) using your hands until fully incorporated. Add the spices (cardamom, cinnamon, dried lime, masmnah, and ginger) and mix well.
2. In another bowl, dissolve the salt and turmeric in water, then gradually pour the mixture over the flour while kneading by hand until a soft, cohesive dough forms. Cover and let rest for 5 minutes.
3. Shape the dough into medium-sized balls. Press each ball gently with your fingers to form a small indentation, add about 10 g of filling, and reshape into a ball. Repeat until all the dough and filling are used.
4. Press each filled ball onto a patterned wooden mold to imprint the traditional design, flattening to a medium thickness. Arrange the patterned disks on a baking tray.

Baking:

1. Preheat the oven to 180-200°C for 10 minutes.
2. Place the tray on the middle rack and bake for 10 minutes (bottom heat only), then switch to top heat and bake for 5-7 minutes until lightly golden.
3. Allow to cool slightly before serving.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1627	18100	kJ
Energy (kcal)	389	4330	kcal
Moisture Content	13.3	148	g
Total Protein	10.8	120	g
Total Nitrogen	1.7	19	g
Total Fat	12.9	144	g
Available Carbohydrates	52.7	586	g
Total Carbohydrates	62.0	690	g
Total sugars	16.5	183	g
Added Sugar	14.8	165	g
Total Dietary Fibre	9.4	105	g
Soluble Fibre	1.3	15	g
Insoluble Fibre	8.1	90	g
Ash Content	1.1	12	g
Cholesterol	11.3	126	mg
Saturated Fatty Acids	5.65	63	g
Monounsaturated Fatty Acids	5.29	59	g
Polyunsaturated Fatty Acids	1.12	13	g
Total Unsaturated Fat	6.41	71	g
Trans-Fat (TFA)	0.84	9	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	1.05	12	g
Sum of Omega-9 (n-9)	5.04	56	g
Calcium	58	649	mg
Iron	2.31	26	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	84	933	mg
Phosphorus	176	1960	mg
Potassium	351	3910	mg
Sodium	157	1750	mg
Chloride	2	20	mg
Zinc	1.30	14	mg
Copper	0.277	3	mg
Manganese	3.55	39	mg
Selenium	30	334	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	4.9	55	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	2.9	33	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	1.4	16	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.4	16	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	3.7	41	µg
Vitamin B9 (Folic Acid)	50	556	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Matazeez

Approximately 4 adults

Matazeez Ingredients	Quantity
Onion, finely chopped	50 g
Tomato, finely chopped	50 g
Tomato paste	45 g
Mixed spices	10 g
Salt	5 g
Water	2.8 liters
Rendered fat (waddak)	30 g
Young camel meat (hashi) with bone, medium pieces	200 g
Zucchini, medium cubes	75 g
Pumpkin, medium cubes	120 g
Eggplant, medium cubes	160 g

Dough Ingredients	Quantity
Whole wheat flour	250 g
Water	180 ml

Preparation Method

Dough Preparation:

1. In a large bowl, add the flour and gradually pour in the water while kneading by hand until a firm dough forms. Cover and let rest at room temperature for 15 minutes.
2. Lightly oil your hands, then shape the dough into small balls and place them on a flat surface.
3. Flatten each ball by hand from the center outward into small, round disks of medium thickness.

Matazeez Stew Preparation:

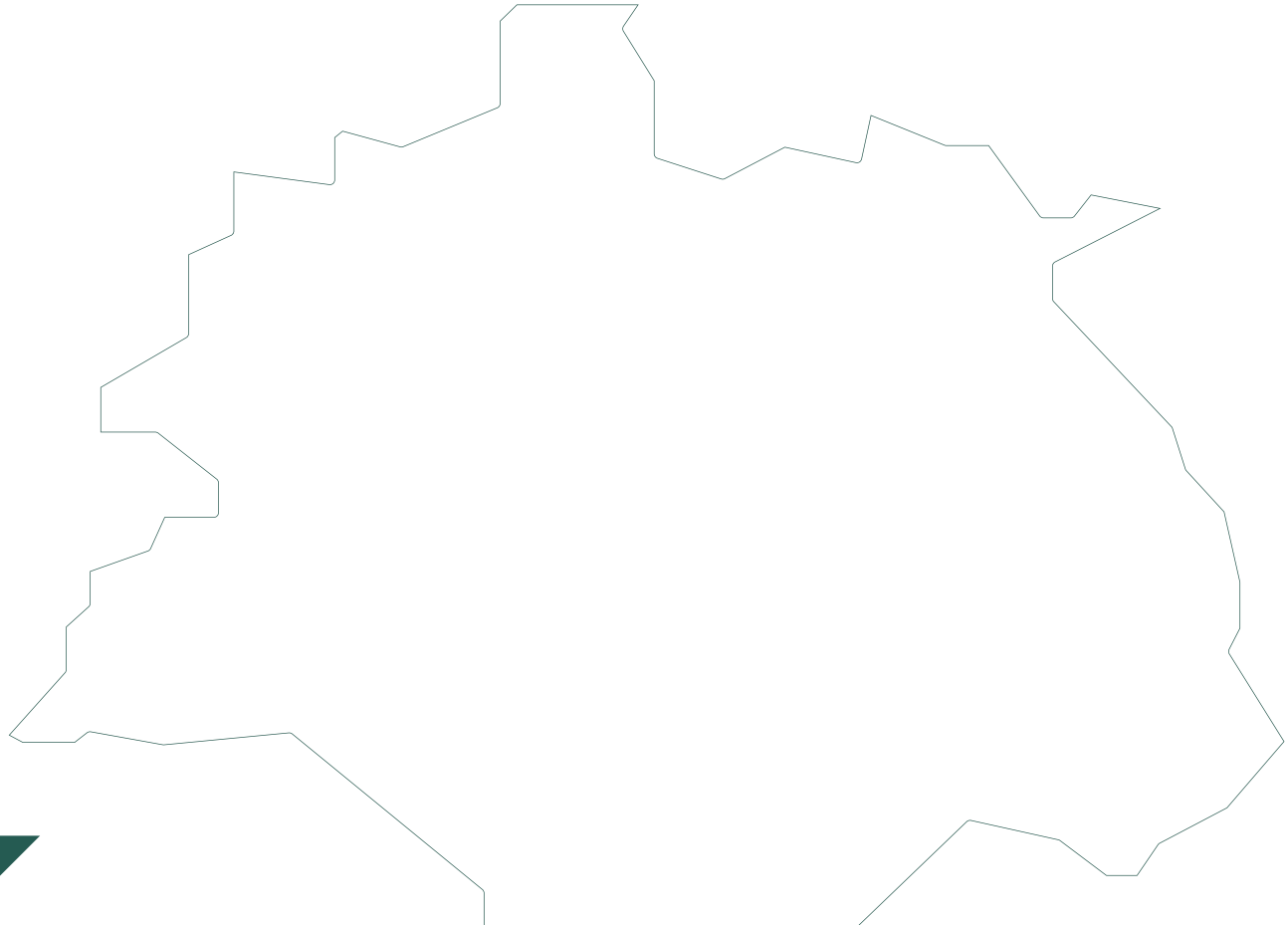
1. In a large pot over high heat, add the onion and waddak (rendered fat), and stir for 5 minutes.
2. Add the tomatoes and tomato paste, stirring continuously for another 5 minutes.
3. Add the meat and stir for 3 minutes over high heat, then add water, mixed spices, and salt. Bring to a boil over high heat for 10 minutes.
4. Add the vegetables (zucchini, pumpkin, and eggplant), and let the stew boil for 30 minutes over high heat.
5. Gradually add the dough disks to the stew, covering the pot after each addition for 1 minute to prevent the disks from sticking together.
6. Repeat the process until all disks are added. Reduce the heat to low and simmer for 45 minutes until the dough disks are fully cooked and tender.
7. Serve the Matazeez hot.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	215	6490	kJ
Energy (kcal)	51	1550	kcal
Moisture Content	86.8	2610	g
Total Protein	3.3	99	g
Total Nitrogen	0.5	15	g
Total Fat	1.3	39	g
Available Carbohydrates	5.0	151	g
Total Carbohydrates	8.0	241	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	2.8	84	g
Soluble Fibre	0.2	7	g
Insoluble Fibre	2.6	77	g
Ash Content	0.6	18	g
Cholesterol	4.0	120	mg
Saturated Fatty Acids	0.49	15	g
Monounsaturated Fatty Acids	0.49	15	g
Polyunsaturated Fatty Acids	0.27	8	g
Total Unsaturated Fat	0.76	23	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.25	8	g
Sum of Omega-9 (n-9)	0.44	13	g
Calcium	14	431	mg
Iron	0.52	16	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	18	550	mg
Phosphorus	48	1440	mg
Potassium	128	3850	mg
Sodium	105	3150	mg
Chloride	2	58	mg
Zinc	0.47	14	mg
Copper	0.070	2	mg
Manganese	0.420	13	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	1.8	53	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	-	-	µg
Vitamin B9 (Folic Acid)	21	643	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Aseer



Hamashah 146

Khameer/Khameerah 154

Tasabee' 148

Ruwakah 156

Haneeth 150

Mashghuthah 158

Mifa bread 152

Recipe Name

Hamashah

Approximately 4 adults

Ingredients	Quantity
Fresh cow butter	1 kg
Salt	2 g
Fresh cow laban	100 ml
Whole wheat flour	80 g

Preparation Method

1. In a deep pot over low heat, melt the butter and leave it for about 15 minutes until it becomes clear and free of foam.
2. In a small pot, place a preheated hajar marw (traditional quartz cooking stone) (about 250 g) together with the whole wheat flour, then immediately cover the pot.
3. Shake the pot for about 3 minutes to allow the flour to toast evenly with the heated stone.
4. Place the hot marble stone into the melted butter, then turn off the heat.
5. Gradually add the toasted flour to the butter while stirring continuously for 5 minutes.
6. Add the milk and salt to the mixture and cook over low heat for 5 minutes, stirring until the ingredients are well combined.
7. Remove the stone, pour the mixture into a deep serving bowl, and serve hot.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	2790	30100	kJ
Energy (kcal)	666	7190	kcal
Moisture Content	16.6	179	g
Total Protein	1.8	20	g
Total Nitrogen	0.3	3	g
Total Fat	69.5	750	g
Available Carbohydrates	10.0	108	g
Total Carbohydrates	11.7	126	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	1.4	15	g
Soluble Fibre	0.4	4	g
Insoluble Fibre	1.1	12	g
Ash Content	0.4	4	g
Cholesterol	149	1609	mg
Saturated Fatty Acids	50.13	542	g
Monounsaturated Fatty Acids	15.47	167	g
Polyunsaturated Fatty Acids	1.35	15	g
Total Unsaturated Fat	16.83	182	g
Trans-Fat (TFA)	2.49	26.90	g
Sum of Omega-3 (n-3)	0.66	7	g
Sum of Omega-6 (n-6)	0.63	7	g
Sum of Omega-9 (n-9)	12.8	138	g
Calcium	34	365	mg
Iron	0.21	2	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	13	142	mg
Phosphorus	55	592	mg
Potassium	106	1140	mg
Sodium	101	1090	mg
Chloride	1	14	mg
Zinc	0.62	7	mg
Copper	0.05	1	mg
Manganese	0.157	2	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	300.0	3241	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	1.5	16	mg
Vitamin K	4.5	49	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.9	21	mg
Vitamin B5	0.83	9	mg
Vitamin B6	1.4	15	mg
Vitamin B7 (Biotin)	3.0	32	µg
Vitamin B9 (Folic Acid)	72	774	µg
Vitamin B12 (Cyanocobalamin)	1.0	11	µg

Recipe Name

Tasabee'

Approximately 4 adults

Ingredients	Quantity
Whole wheat flour	390 g
Water	300 ml
Salt	8 g
Fresh cow laban	2 L
Melted ghee (for garnish)	26 g

Preparation Method

1. In a deep bowl, combine the salt with 350 g of whole wheat flour. Gradually add water and knead by hand for 2 minutes until a firm dough forms.
2. In a medium-sized pot, place the laban and 20 g of whole wheat flour over medium heat. Stir continuously for 4 minutes.
3. Shape the dough by hand into medium-sized flat discs, and add them to the pot. Stir gently with a wooden spoon for 15 minutes.
4. Add another 20 g of whole wheat flour to the pot and continue stirring until the mixture thickens and the ingredients are fully combined. Continue cooking for 15 additional minutes over low heat.
5. Once cooked, transfer the Tasabee' to a flat serving dish and drizzle with melted ghee before serving.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	565	11900	kJ
Energy (kcal)	135	2840	kcal
Moisture Content	67.7	1420	g
Total Protein	5.1	107	g
Total Nitrogen	0.8	17	g
Total Fat	4.3	90	g
Available Carbohydrates	16.0	336	g
Total Carbohydrates	21.7	455	g
Total sugars	2.3	49	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	5.6	118	g
Soluble Fibre	0.5	11	g
Insoluble Fibre	5.1	108	g
Ash Content	1.1	23	g
Cholesterol	10.0	210	mg
Saturated Fatty Acids	2.52	53	g
Monounsaturated Fatty Acids	1.16	24	g
Polyunsaturated Fatty Acids	0.54	11	g
Total Unsaturated Fat	1.7	36	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.49	10	g
Sum of Omega-9 (n-9)	1.09	23	g
Calcium	108	2270	mg
Iron	0.82	17	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	47	985	mg
Phosphorus	189	3970	mg
Potassium	281	5910	mg
Sodium	207	4350	mg
Chloride	4	81	mg
Zinc	1.76	37	mg
Copper	0.150	3	mg
Manganese	0.397	8	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	1.7	35	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.40	8	mg
Vitamin B2	0.08	2	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	3.0	63	µg
Vitamin B9 (Folic Acid)	29	609	µg
Vitamin B12 (Cyanocobalamin)	1.0	21	µg

Recipe Name

Haneeth

Approximately 6 adults

Ingredients	Quantity
Half a lamb, cut into traditional southern pieces	2.8 kg
Tripe	95 g
Lamb head	1.1 kg
Coarse salt	15 g

Preparation Method

1. Preheat the Mifa oven (traditional clay oven) to a high temperature for one hour.
2. Arrange a layer of sal'a (markh plant) branches at the bottom of the Mifa. Place the lamb pieces, tripe, and head on top, then cover them with another layer of markh. Cover tightly with aluminum foil, close the oven, and cook for 2½ hours over steady heat.
3. Remove the cooked meat, tripe, and head from the oven, arrange them on a flat serving dish, and sprinkle with coarse salt.
4. Serve Haneeth hot on a flat serving platter.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1180	23400	kJ
Energy (kcal)	282	5600	kcal
Moisture Content	49.1	975	g
Total Protein	28.4	563	g
Total Nitrogen	4.5	90	g
Total Fat	17.8	353	g
Available Carbohydrates	2.0	40	g
Total Carbohydrates	3.0	60	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	1.5	30	g
Soluble Fibre	0.2	3	g
Insoluble Fibre	1.4	27	g
Ash Content	1.5	29	g
Cholesterol	155	3082	mg
Saturated Fatty Acids	9.01	179	g
Monounsaturated Fatty Acids	7.8	155	g
Polyunsaturated Fatty Acids	0.63	12	g
Total Unsaturated Fat	8.43	167	g
Trans-Fat (TFA)	0.35	6.88	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.59	12	g
Sum of Omega-9 (n-9)	7.57	150	g
Calcium	22	440	mg
Iron	2.62	52	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	19	386	mg
Phosphorus	167	3310	mg
Potassium	294	5830	mg
Sodium	364	7220	mg
Chloride	4	75	mg
Zinc	6.08	121	mg
Copper	0.183	4	mg
Manganese	-	-	mg
Selenium	17	331	µg
Iodine	26	516	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	3.7	73	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	2.6	52	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	1.7	33	µg
Vitamin B9 (Folic Acid)	3.0	60	µg
Vitamin B12 (Cyanocobalamin)	0.8	15	µg

Recipe Name

Mifa Bread

Approximately 6 adults

Ingredients	Quantity
Whole wheat flour	800 g
Instant yeast	10 g
White flour	500 g
Salt	8 g
Water	1 L
Oil	100 ml

Preparation Method

1. In a deep bowl, combine the whole wheat flour, white flour, salt, and yeast. Mix by hand for a minute until well combined.
2. Add the oil and mix again for a minute until it blends evenly with the flour.
3. Gradually pour in the water while kneading by hand for 5 minutes until a cohesive dough forms. Cover and let it rise for 30 minutes.
4. Preheat the electric oven to 200°C, with heat from both the top and bottom.
5. Divide the dough by hand into large balls, then flatten each one into an oval shape of medium thickness on a baking tray. Repeat until all the dough is used.
6. Place the tray in the oven and bake for about 8 minutes, or until the bread is fully cooked.
7. Once baked, place the Mifa bread on a flat serving platter and serve.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1077	23200	kJ
Energy (kcal)	257	5540	kcal
Moisture Content	36.2	779	g
Total Protein	9.1	196	g
Total Nitrogen	1.4	31	g
Total Fat	4.4	95	g
Available Carbohydrates	41.0	882	g
Total Carbohydrates	49.0	1050	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	8.2	176	g
Soluble Fibre	7.2	154	g
Insoluble Fibre	1.0	22	g
Ash Content	1.2	26	g
Cholesterol	-	-	mg
Saturated Fatty Acids	0.51	11	g
Monounsaturated Fatty Acids	1.18	25	g
Polyunsaturated Fatty Acids	2.68	58	g
Total Unsaturated Fat	3.86	83	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	2.62	56	g
Sum of Omega-9 (n-9)	1.17	25	g
Calcium	32	678	mg
Iron	1.37	29	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	77	1670	mg
Phosphorus	127	2740	mg
Potassium	290	6240	mg
Sodium	151	3250	mg
Chloride	2	48	mg
Zinc	2.15	46	mg
Copper	0.28	6	mg
Manganese	0.677	15	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	3.1	67	µg
Vitamin E (as a-Tocopherol)	2.7	58	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.54	12	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	4.3	93	µg
Vitamin B9 (Folic Acid)	68	1463	µg
Vitamin B12 (Cyanocobalamin)	0.9	20	µg

Recipe Name

Khameer / Khameerah

Approximately 4 adults

Ingredients	Quantity
White Wheat flour	53 g
Red Sorghum flour	200 g
Minced garlic	8 g
Salt	5 g
Water	396 ml

Preparation Method

1. In a deep bowl, combine the sorghum flour, white flour, garlic, and salt. Gradually add water while mixing by hand for about 2 minutes until a semi-liquid batter forms. Cover and let it ferment for 24 hours.
2. Pour the fermented batter into a frying pan to form a thick circular layer, and cook over medium heat for 5 minutes. Flip using a spatula and cook for another 5 minutes until golden brown on both sides.
3. Once cooked, place the Khameer on a flat serving platter and serve.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	778	3910	kJ
Energy (kcal)	186	934	kcal
Moisture Content	51.4	258	g
Total Protein	6.0	30	g
Total Nitrogen	1.0	5	g
Total Fat	1.5	8	g
Available Carbohydrates	33.3	168	g
Total Carbohydrates	39.7	200	g
Total sugars	6.9	35	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	6.1	31	g
Soluble Fibre	5.3	27	g
Insoluble Fibre	0.8	4	g
Ash Content	1.5	7	g
Cholesterol	-	-	mg
Saturated Fatty Acids	0.29	1	g
Monounsaturated Fatty Acids	0.5	2	g
Polyunsaturated Fatty Acids	0.75	4	g
Total Unsaturated Fat	1.24	6	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.71	4	g
Sum of Omega-9 (n-9)	0.49	2	g
Calcium	6	28	mg
Iron	2.73	14	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	58	292	mg
Phosphorus	144	724	mg
Potassium	219	1100	mg
Sodium	387	1950	mg
Chloride	6	31	mg
Zinc	1.79	9	mg
Copper	0.32	2	mg
Manganese	0.813	4	mg
Selenium	40	201	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	1.0	5	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	1.5	8	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.20	1	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	0.80	4	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	-	-	µg
Vitamin B9 (Folic Acid)	36	181	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Ruwakah

Approximately 4 adults

Ingredients	Quantity
Whole wheat flour	130 g
Salt	4 g
Fresh cow's milk	800 ml
Black cumin seeds (for garnish)	3 g

Preparation Method

1. In a medium-sized pot, combine the flour, salt, and milk, then whisk by hand for 3 minutes while cold until smooth.
2. Place the pot over medium heat and continue stirring constantly for 15 minutes until the mixture becomes uniform and slightly thickened.
3. Once cooked, pour the Ruwakah into a deep serving bowl and garnish with black cumin seeds.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	16	133	kJ
Energy (kcal)	477	3950	kcal
Moisture Content	73.7	611	g
Total Protein	5.5	46	g
Total Nitrogen	0.9	7	g
Total Fat	3.5	29	g
Available Carbohydrates	14.0	116	g
Total Carbohydrates	16.0	133	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	2.0	17	g
Soluble Fibre	0.4	3	g
Insoluble Fibre	1.6	14	g
Ash Content	1.3	11	g
Cholesterol	8.0	66	mg
Saturated Fatty Acids	114	942	g
Monounsaturated Fatty Acids	0.91	8	g
Polyunsaturated Fatty Acids	0.43	4	g
Total Unsaturated Fat	1.34	11	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.39	3	g
Sum of Omega-9 (n-9)	0.83	7	g
Calcium	85	708	mg
Iron	0.70	6	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	34	278	mg
Phosphorus	131	1090	mg
Potassium	210	1740	mg
Sodium	198	1640	mg
Chloride	4	35	mg
Zinc	1.22	10	mg
Copper	0.117	1	mg
Manganese	0.383	3	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	2.1	17	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	2.3	19	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	1.5	12	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.1	9	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.7	22	µg
Vitamin B9 (Folic Acid)	104	865	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Mashghuthah

Approximately 4 adults

Ingredients	Quantity
Whole wheat flour	200 g
White flour	200 g
Salt	2 g
Yeast	4 g
Fresh cow's laban	500 ml
Water	1.1 L
Ghee	20 g
Honey	20 g

Preparation Method

1. In a medium-sized pot, combine the whole wheat flour, white flour, salt, homemade yeast, water, and laban. Whisk by hand for 2 minutes until the mixture becomes smooth.
2. Place the pot over medium heat, cover it, and cook for 2 minutes until a roasted aroma develops.
3. Reduce the heat to low, cover the pot, and stir occasionally with a whisk for 15 minutes.
4. Increase the heat to medium and continue stirring for another 5 minutes until the mixture thickens and becomes uniform.
5. Once cooked, pour the Mashghuthah into a deep serving bowl and garnish with ghee and honey.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	367	6260	kJ
Energy (kcal)	88	1500	kcal
Moisture Content	77.7	1320	g
Total Protein	3.6	61	g
Total Nitrogen	0.6	10	g
Total Fat	2.8	47	g
Available Carbohydrates	9.67	165	g
Total Carbohydrates	14.7	250	g
Total sugars	1.3	22	g
Added Sugar	1.2	20	g
Total Dietary Fibre	4.9	84	g
Soluble Fibre	0.8	14	g
Insoluble Fibre	4.1	69	g
Ash Content	1.3	23	g
Cholesterol	3.33	57	mg
Saturated Fatty Acids	1.61	27	g
Monounsaturated Fatty Acids	0.64	11	g
Polyunsaturated Fatty Acids	0.4	7	g
Total Unsaturated Fat	1.04	18	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.36	6	g
Sum of Omega-9 (n-9)	0.58	10	g
Calcium	33	557	mg
Iron	0.52	9	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	22	377	mg
Phosphorus	76	1290	mg
Potassium	124	2110	mg
Sodium	64	1100	mg
Chloride	1	11	mg
Zinc	0.64	11	mg
Copper	0.070	1	mg
Manganese	0.190	3	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	1.7	29	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.3	40	µg
Vitamin B9 (Folic Acid)	31	529	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Hail

Timman rice

162

Meat Hameesa

164

Desert Truffle Khumee'ah

166

Keubaibat Hail (Huweisah)

168

Maqshush

170

Recipe Name

Timman Rice

Approximately 4 adults

Ingredients	Quantity
Timman rice, washed and soaked	300 g
Lamb with bone, cut into medium pieces	350 g
Rendered fat (waddak)	50 g
Ground tomatoes	200 g
Whole zucchini	100 g
Eggplant, cut into large longitudinal pieces	150 g
Pumpkin, cut into medium cubes	100 g
Water	1.5 L
Onion, finely chopped	100 g
Tomato paste	20 g

Ingredients	Quantity
Green chili pepper	20 g
Sarar Hail spice blend	5 g
Mixed spices	10 g
Ground cumin	10 g
Salt	10 g
Ground turmeric	5 g
Ground dried black lime	5 g
Ground black pepper	2 g
Ground dried black lime (for garnish)	2 g
Melted ghee (for garnish)	20 g

Preparation Method

1. In a pressure cooker, place the rendered fat (waddak), onion, and lamb pieces. Stir over high heat for 2 minutes.
2. Add the mixed spices, turmeric, cumin, salt, Sarar Hail spice, and ground dried lime, followed by the ground tomatoes and tomato paste. Mix well and cook over high heat for 5 minutes until the mixture thickens.
3. Pour in the water, cover the cooker, and cook over medium heat for 30 minutes.
4. Open the cooker and add the zucchini, pumpkin, eggplant, green chili, and soaked rice. Close the cooker again and cook over high heat for 5 minutes.
5. Reduce the heat to low and continue cooking for 15 minutes.
6. Open the cooker to check the water level and doneness, then cover (without pressure) and leave on low heat for 10 minutes.
7. Transfer to a serving dish, garnish with ground dried lime and melted ghee, then serve.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	456	11100	kJ
Energy (kcal)	109	2650	kcal
Moisture Content	75.6	1840	g
Total Protein	6.6	161	g
Total Nitrogen	1.1	26	g
Total Fat	4.5	108	g
Available Carbohydrates	8.67	211	g
Total Carbohydrates	12.3	300	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	3.9	95	g
Soluble Fibre	0.4	9	g
Insoluble Fibre	3.5	86	g
Ash Content	0.8	19	g
Cholesterol	11.0	267	mg
Saturated Fatty Acids	2.25	55	g
Monounsaturated Fatty Acids	1.72	42	g
Polyunsaturated Fatty Acids	0.26	6	g
Total Unsaturated Fat	1.98	48	g
Trans-Fat (TFA)	0.22	5	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.21	5	g
Sum of Omega-9 (n-9)	1.59	39	g
Calcium	19	460	mg
Iron	0.92	22	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	13	322	mg
Phosphorus	51	1240	mg
Potassium	175	4240	mg
Sodium	162	3940	mg
Chloride	4	88	mg
Zinc	0.89	22	mg
Copper	0.110	3	mg
Manganese	0.133	3	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	5.6	135	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	0.30	7	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.0	49	µg
Vitamin B9 (Folic Acid)	92	2236	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Meat Hameesa

Approximately 4 adults

Ingredients	Quantity
Lamb with bone, cut into small pieces	220 g
Onion, finely chopped	100 g
Tomato, finely chopped	150 g
Ground cumin	5 g
Mixed spices	8 g
Ground turmeric	3 g
Sarar Hail spice blend	3 g
Salt	5 g
Tomato paste	20 g
Water	600 ml
Oil	20 ml

Preparation Method

1. In a medium-sized pressure cooker, sauté the onion with oil over high heat for 3 minutes.
2. Add the tomatoes, mixed spices, lamb, turmeric, Sarar Hail spice blend, salt, tomato paste, and cumin. Stir continuously over high heat for 5 minutes until the mixture thickens and the flavors concentrate.
3. Pour in the water, close the cooker tightly, and cook over high heat for 10 minutes.
4. Lower the heat to low and continue cooking for 30 minutes until the meat is tender and the dish is ready to serve.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	321	3140	kJ
Energy (kcal)	77	750	kcal
Moisture Content	86.0	842	g
Total Protein	3.4	34	g
Total Nitrogen	0.5	5	g
Total Fat	5.7	56	g
Available Carbohydrates	2.0	20	g
Total Carbohydrates	4.0	39	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	1.5	15	g
Soluble Fibre	-	-	g
Insoluble Fibre	1.5	15	g
Ash Content	1.0	10	g
Cholesterol	18.3	179	mg
Saturated Fatty Acids	1.95	19	g
Monounsaturated Fatty Acids	2.21	22	g
Polyunsaturated Fatty Acids	1.46	14	g
Total Unsaturated Fat	3.66	36	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	1.43	14	g
Sum of Omega-9 (n-9)	2.1	21	g
Calcium	23	229	mg
Iron	1.02	10	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	14	141	mg
Phosphorus	42	408	mg
Potassium	196	1920	mg
Sodium	245	2400	mg
Chloride	5	45	mg
Zinc	0.59	6	mg
Copper	0.057	1	mg
Manganese	-	-	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	41	397	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	0.8	8	mg
Vitamin K	4.3	42	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.30	3	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	0.80	8	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	6.3	62	µg
Vitamin B9 (Folic Acid)	110	1073	µg
Vitamin B12 (Cyanocobalamin)	1.0	10	µg

Recipe Name

Desert Truffle Khumee'ah

Approximately 4 adults

Ingredients	Quantity
Desert truffle (washed, cleaned, and half-boiled)	400 g
Salt	4 g
Ghee	100 ml
Water	2 L

Preparation Method

1. In a pressure cooker over low heat, place the desert truffle, salt, and water, then close the lid and cook for 45 minutes.
2. After boiling, transfer the desert truffle to a bowl while still hot, pour over the ghee, and mash it by hand until the ingredients are well combined.
3. Serve the Desert Truffle Khumee'ah hot in a serving dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	962	4590	kJ
Energy (kcal)	230	1100	kcal
Moisture Content	62.6	299	g
Total Protein	3.3	16	g
Total Nitrogen	0.5	3	g
Total Fat	19.4	93	g
Available Carbohydrates	4.33	21	g
Total Carbohydrates	14.3	69	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	10.1	48	g
Soluble Fibre	2.7	13	g
Insoluble Fibre	7.4	35	g
Ash Content	0.3	1	g
Cholesterol	57.3	274	mg
Saturated Fatty Acids	12.9	61	g
Monounsaturated Fatty Acids	4.63	22	g
Polyunsaturated Fatty Acids	1.24	6	g
Total Unsaturated Fat	5.87	28	g
Trans-Fat (TFA)	0.62	2.95	g
Sum of Omega-3 (n-3)	0.2	1	g
Sum of Omega-6 (n-6)	1.02	5	g
Sum of Omega-9 (n-9)	3.9	19	g
Calcium	12	56	mg
Iron	1.76	8	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	10	48	mg
Phosphorus	70	333	mg
Potassium	199	952	mg
Sodium	64	306	mg
Chloride	0.5	2	mg
Zinc	1.39	7	mg
Copper	1.40	7	mg
Manganese	-	-	mg
Selenium	23	111	µg
Iodine	28	133	µg
Vitamin A (as Retinol)	210	1003	µg
Beta-carotene	-	-	µg
Vitamin D	16	77	µg
Vitamin E (as a-Tocopherol)	1.0	5	mg
Vitamin K	2.6	13	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	0.06	0	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	0.90	4	mg
Vitamin B6	0.04	0	mg
Vitamin B7 (Biotin)	6.3	30	µg
Vitamin B9 (Folic Acid)	67	320	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Keubaibat Hail

Approximately 4 adults

Kubaibah Filling Ingredients	Quantity
Timman rice	300 g
Fresh grape leaves	150 g
Onion, diced	50 g
Tomato, diced	100 g
Ground turmeric	3 g
Salt	5 g
Green onion, chopped	50 g
Sarar Hail spice blend (hot chili)	5 g
Mixed spices	5 g
Ground cumin	5 g
Vegetable oil	30 ml

Pot Base Ingredients	Quantity
Lamb with bone, cut into medium pieces	200 g
Onion, chopped	50 g
Green bell pepper, sliced	40 g
Tomato, chopped	50 g

Kubaibah Stock (Sago)	Quantity
Tomato paste	20 g
Salt	5 g
Boiling water	1.2 L
Oil	20 ml

Preparation Method

Preparing the Filling (Hawaisah):

1. Wash the rice and soak it for 30 minutes.
2. In a large bowl, mix the rice, onion, tomato, green onion, mixed spices, salt, cumin, turmeric, and vegetable oil. Mix well by hand until all ingredients are combined.

Wrapping the Kubaibah:

Place a small amount of filling inside a grape leaf, then fold the edges to form a hexagonal or pentagonal shape. Repeat until all leaves are used.

Preparing the Kubaibah Stock (Sago):

In a deep pot over medium heat, place water, oil, salt, and tomato paste. Stir with a spoon for 10 minutes until combined.

Cooking Keubaibat Hail:

1. In a deep pot, arrange lamb, tomato, onion, and green bell pepper at the bottom and press them down by hand.
2. Arrange the stuffed grape leaves (Kubaibah) on top of the base ingredients.
3. Spread any remaining filling (Hawaisah) evenly over the Kubaibah.
4. Cover the top with unfilled grape leaves.
5. Gradually pour the sago stock over the Kubaibah in intervals: first about 220 ml, then continue adding the remaining stock in 150 ml batches every few minutes. Cook over low heat for 2 hours.
6. Before serving, remove the unfilled grape leaves, invert the pot onto a large flat serving dish, and serve hot.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	490	10500	kJ
Energy (kcal)	117	2500	kcal
Moisture Content	72.7	1550	g
Total Protein	4.7	101	g
Total Nitrogen	0.8	17	g
Total Fat	3.5	76	g
Available Carbohydrates	14.7	313	g
Total Carbohydrates	18.0	385	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	3.2	68	g
Soluble Fibre	0.1	2	g
Insoluble Fibre	3.1	67	g
Ash Content	1.0	21	g
Cholesterol	6.0	128	mg
Saturated Fatty Acids	0.96	20	g
Monounsaturated Fatty Acids	1.19	25	g
Polyunsaturated Fatty Acids	1.34	29	g
Total Unsaturated Fat	2.53	54	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	1.3	28	g
Sum of Omega-9 (n-9)	1.15	25	g
Calcium	36	772	mg
Iron	1.01	22	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	8	176	mg
Phosphorus	41	879	mg
Potassium	98	2100	mg
Sodium	218	4660	mg
Chloride	4	88	mg
Zinc	0.64	14	mg
Copper	0.113	2	mg
Manganese	-	-	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	1.3	28	mg
Vitamin K	19	405	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.2	26	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.0	43	µg
Vitamin B9 (Folic Acid)	83	1767	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Maqshush

Approximately 4 adults

Dough Ingredients	Quantity
Whole wheat flour	300 g
Sugar	40 g
Salt	1 g
Yeast	5 g
Water	352 ml
Vegetable oil	45 ml

Syrup Ingredients	Quantity
Sugar	130 g
Water	200 ml
Butter for topping	40 g
Lemon juice	5 ml

Preparation Method

To prepare the dough:

1. In a deep bowl, combine the flour, yeast, salt, and sugar. Gradually add the water while kneading by hand until a soft dough forms.
2. Pour the vegetable oil over the surface of the dough and press it lightly with your fingers to absorb it. Cover the bowl with plastic wrap and let it rest in a warm place for 1-3 hours until it rises.
3. Heat a flat griddle (Saj) over low heat for 5 minutes.
4. Lightly oil your hands to prevent sticking, then take small round portions of dough and place them on the griddle. Cook the first side for 5 minutes, then flip and cook the other side for 2 minutes over low heat until golden and puffed on both sides.

To prepare the syrup:

1. In a small saucepan, combine sugar and water, then stir over low heat until the sugar dissolves.
2. Continue heating for 25 minutes until the syrup thickens slightly, then add the lemon juice. Turn off the heat and let it cool slightly until it reaches a pourable, thick consistency.
3. Melt the butter and pour it over the Maqshush pieces in a separate pan. Stir well, then add the syrup and mix until fully absorbed.
4. Serve the Maqshush in a deep serving dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1117	9220	kJ
Energy (kcal)	267	2200	kcal
Moisture Content	38.1	314	g
Total Protein	5.8	48	g
Total Nitrogen	0.9	8	g
Total Fat	8.0	66	g
Available Carbohydrates	38.0	314	g
Total Carbohydrates	47.3	391	g
Total sugars	21.2	175	g
Added Sugar	20.6	170	g
Total Dietary Fibre	9.1	75	g
Soluble Fibre	1.2	10	g
Insoluble Fibre	8.0	66	g
Ash Content	0.9	7	g
Cholesterol	8.0	66	mg
Saturated Fatty Acids	2.35	19	g
Monounsaturated Fatty Acids	2.13	18	g
Polyunsaturated Fatty Acids	3.39	28	g
Total Unsaturated Fat	5.52	46	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	3.32	27	g
Sum of Omega-9 (n-9)	2.05	17	g
Calcium	28	227	mg
Iron	1.42	12	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	72	594	mg
Phosphorus	200	1650	mg
Potassium	256	2120	mg
Sodium	83	682	mg
Chloride	1	8	mg
Zinc	2.55	21	mg
Copper	0.270	2	mg
Manganese	0.783	6	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	1.3	11	µg
Vitamin E (as a-Tocopherol)	1.0	8	mg
Vitamin K	1.1	9	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.40	3	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	1.3	10	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	3.0	25	µg
Vitamin B9 (Folic Acid)	74	611	µg
Vitamin B12 (Cyanocobalamin)	1.3	11	µg

Tabuk

Al-Abeelah with Meat 174

Al-Abeelah with chicken 176

Telbanah/Savoury Aseedah 178

Khameea 180

Matboukhah 182

Mafroukah (Mejlalah) 184

Maqtoutah with meat 186

Mansaf 188

Malla bread (jamri) 190

Raghfan 192

Al-Sayadiah 194

Recipe Name

Al-Abeelah with Meat

Approximately 4 adults

Ingredients	Quantity
Lamb with bone, cut into medium pieces	360 g
Ground black pepper	2 g
Salt	2 g
Water	560 ml
Goat laban	360 ml

Preparation Method

1. In a small pot, place the lamb and pour in the water. Cook over medium heat for 45 minutes until partially tender.
2. Add the goat laban to the pot with the lamb and stir continuously with a cooking spoon for 5 minutes.
3. Add the salt and black pepper, and continue stirring for another 5 minutes until the mixture thickens slightly and the lamb is fully cooked.
4. Once cooked, strain the broth and pour it into a cup. Arrange the lamb pieces on a flat serving dish and serve.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	248	2030	kJ
Energy (kcal)	59	485	kcal
Moisture Content	87.4	717	g
Total Protein	6.3	52	g
Total Nitrogen	1.0	8	g
Total Fat	2.7	22	g
Available Carbohydrates	1.33	11	g
Total Carbohydrates	3.33	27	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	-	-	g
Soluble Fibre	-	-	g
Insoluble Fibre	-	-	g
Ash Content	0.4	3	g
Cholesterol	25.7	210	mg
Saturated Fatty Acids	1.32	11	g
Monounsaturated Fatty Acids	1.18	10	g
Polyunsaturated Fatty Acids	0.1	1	g
Total Unsaturated Fat	1.21	10	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	-	-	g
Sum of Omega-9 (n-9)	1.11	9	g
Calcium	56	458	mg
Iron	0.38	3	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	10	84	mg
Phosphorus	86	703	mg
Potassium	175	1430	mg
Sodium	139	1140	mg
Chloride	2	20	mg
Zinc	0.75	6	mg
Copper	0.023	0	mg
Manganese	-	-	mg
Selenium	-	-	µg
Iodine	29	238	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	1.5	12	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	0.14	1	mg
Vitamin B3 (Total)	0.57	5	mg
Vitamin B5	1.30	11	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	4.7	38	µg
Vitamin B9 (Folic Acid)	29	238	µg
Vitamin B12 (Cyanocobalamin)	1.0	8	µg

Recipe Name

Al-Abeelah with Chicken

Approximately 4 adults

Ingredients	Quantity
Chicken with bone, cut into medium pieces	360 g
Ground black pepper	2 g
Salt	2 g
Water	560 ml
Goat Laban	360 ml

Preparation Method

1. In a small pot, place the chicken and pour in the water. Cook over medium heat for 45 minutes until partially tender.
2. Add the goat laban to the pot with the chicken and stir continuously with a cooking spoon for 5 minutes.
3. Add the salt and black pepper, and continue stirring for another 5 minutes until the mixture thickens slightly and the chicken is fully cooked.
4. Once cooked, strain the broth and pour it into a cup. Arrange the chicken pieces on a flat serving dish and serve.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	246	2370	kJ
Energy (kcal)	59	565	kcal
Moisture Content	88.1	849	g
Total Protein	7.8	75	g
Total Nitrogen	1.2	12	g
Total Fat	2.5	24	g
Available Carbohydrates	1.0	10	g
Total Carbohydrates	1.0	10	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	-	-	g
Soluble Fibre	-	-	g
Insoluble Fibre	-	-	g
Ash Content	0.4	4	g
Cholesterol	26.0	251	mg
Saturated Fatty Acids	0.79	8	g
Monounsaturated Fatty Acids	1.2	12	g
Polyunsaturated Fatty Acids	0.53	5	g
Total Unsaturated Fat	1.73	17	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.5	5	g
Sum of Omega-9 (n-9)	1.05	10	g
Calcium	45	438	mg
Iron	0.27	3	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	10	101	mg
Phosphorus	87	836	mg
Potassium	181	1740	mg
Sodium	126	1210	mg
Chloride	2	15	mg
Zinc	0.27	3	mg
Copper	0.020	0	mg
Manganese	-	-	mg
Selenium	-	-	µg
Iodine	22	212	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	6.4	62	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	0.06	1	mg
Vitamin B3 (Total)	1.80	17	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	3.0	29	µg
Vitamin B9 (Folic Acid)	35	341	µg
Vitamin B12 (Cyanocobalamin)	1.0	10	µg

Recipe Name

Telbanah / Savory Aseedah / Ragheedah

Approximately 4 adults

Ingredients	Quantity
Sheep milk	800 ml
Whole wheat flour	80 g
Salt	8 g
Melted ghee	28 g

Preparation Method

1. In a deep pot, place the sheep milk and salt, and heat over low heat, stirring continuously.
2. Gradually add the whole wheat flour while stirring constantly with a wooden spoon. Continue stirring until the mixture thickens, about 15 minutes.
3. Pour the mixture into a deep serving dish, drizzle the melted ghee on top, and serve hot.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	441	3620	kJ
Energy (kcal)	106	868	kcal
Moisture Content	76.3	626	g
Total Protein	4.1	34	g
Total Nitrogen	0.6	5	g
Total Fat	5.3	44	g
Available Carbohydrates	8.0	66	g
Total Carbohydrates	12.7	104	g
Total sugars	3.7	31	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	4.6	38	g
Soluble Fibre	0.2	2	g
Insoluble Fibre	4.4	36	g
Ash Content	1.6	13	g
Cholesterol	14.7	120	mg
Saturated Fatty Acids	3.57	29	g
Monounsaturated Fatty Acids	1.29	11	g
Polyunsaturated Fatty Acids	0.3	2	g
Total Unsaturated Fat	1.59	13	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.25	2	g
Sum of Omega-9 (n-9)	1.17	10	g
Calcium	111	909	mg
Iron	0.62	5	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	27	218	mg
Phosphorus	113	928	mg
Potassium	250	2050	mg
Sodium	411	3370	mg
Chloride	6	49	mg
Zinc	0.91	7	mg
Copper	0.063	1	mg
Manganese	0.217	2	mg
Selenium	-	-	µg
Iodine	45	372	µg
Vitamin A (as Retinol)	46	378	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	µg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	0,77	6	mg
Vitamin B5	0.66	5	mg
Vitamin B6	0.86	7	mg
Vitamin B7 (Biotin)	2.0	16	µg
Vitamin B9 (Folic Acid)	6.0	49	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Al-Khameea

Approximately 4 adults

Khameea Ingredients	Quantity
Malla bread	400 g
Laban (goat) or Marees Al-Baqal	100 ml
Water	200 ml
Sheep ghee	10 g
Sheep ghee (for garnish)	20 g

Malla Bread Ingredients	Quantity
Whole wheat flour	550 g
Lukewarm water	500 ml
Salt	3 g

Preparation Method

Preparing the Dough:

1. In a deep bowl, combine whole wheat flour and salt. Gradually pour in lukewarm water, kneading by hand for about 5 minutes until a soft, cohesive dough forms.
2. Cover the dough and let it rest for 25 minutes.

Preparing the Malla Bread:

1. Ignite charcoal over sand and allow it to turn into embers.
2. Lightly dust a flat surface with flour, then flatten the dough by hand into a medium-thick circular disc, coating both sides with flour.
3. Place the disc directly on the hot sand and embers, then cover its surface and edges with more embers for about a minute until a toasted layer forms to prevent sticking.
4. Remove the embers, bury the dough in hot sand, cover it again with embers, and leave it for 5 minutes.
5. Flip the bread and rebury it in hot sand, covering it with embers once more. Leave for 15-20 minutes until fully baked.
6. Remove the embers and ash, brush off the sand thoroughly, and scrape the surface and edges with a knife to clean it. The Malla bread is now ready.

Preparing the Khameea:

1. Tear the Malla bread into small pieces and place them in a deep bowl.
2. Add water and rub the bread by hand until it absorbs the moisture.
3. Add Marees Al-Baqal (or laban) and mix with the bread, then add sheep ghee. Knead by hand for 5 minutes until fully combined.
4. Spread the Khameea in a serving dish, flatten it by hand, drizzle with ghee for garnish, and serve.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	613	4400	kJ
Energy (kcal)	147	1050	kcal
Moisture Content	63.6	456	g
Total Protein	5.4	39	g
Total Nitrogen	0.9	6	g
Total Fat	4.0	28	g
Available Carbohydrates	18.7	134	g
Total Carbohydrates	26.0	187	g
Total sugars	1.9	13	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	7.4	53	g
Soluble Fibre	0.8	6	g
Insoluble Fibre	6.7	48	g
Ash Content	1.1	8	g
Cholesterol	6.67	48	mg
Saturated Fatty Acids	2.56	18	g
Monounsaturated Fatty Acids	0.77	6	g
Polyunsaturated Fatty Acids	0.59	4	g
Total Unsaturated Fat	1.36	10	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.52	4	g
Sum of Omega-9 (n-9)	0.76	5	g
Calcium	40	283	mg
Iron	1.56	11	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	49	353	mg
Phosphorus	99	707	mg
Potassium	243	1740	mg
Sodium	86	615	mg
Chloride	1	9	mg
Zinc	0.98	7	mg
Copper	0.160	1	mg
Manganese	1.060	8	mg
Selenium	10	72	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.1	1	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	2.0	15	mg
Vitamin B5	0.4	3	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.7	19	µg
Vitamin B9 (Folic Acid)	43	309	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Matboukhah

Approximately 4 adults

Ingredients	Quantity
Pre-prepared Malla bread (see Khameea recipe - page 180)	920 g
Salt	28 g
Sheep milk	1.2 L

Preparation Method

1. Pour the sheep milk into a medium-sized pot and heat over low heat until it begins to boil. Let it simmer for 10 minutes.
2. Crumble the Malla bread into very small pieces.
3. Add the salt to the milk and stir with a wooden spoon, then reduce the heat to low.
4. Add the Malla bread to the pot and mix gently with the milk for 5 minutes.
5. Continue cooking for another 5 minutes, allowing the bread to absorb the milk completely.
6. Serve the Matboukhah hot in a deep serving dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	523	10400	kJ
Energy (kcal)	125	2480	kcal
Moisture Content	66.5	1320	g
Total Protein	6.8	135	g
Total Nitrogen	1.1	22	g
Total Fat	1.8	35	g
Available Carbohydrates	17.33	345	g
Total Carbohydrates	23.0	458	g
Total sugars	3.9	77	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	5.5	110	g
Soluble Fibre	0.7	15	g
Insoluble Fibre	4.8	96	g
Ash Content	1.9	38	g
Cholesterol	-	-	mg
Saturated Fatty Acids	0.9	18	g
Monounsaturated Fatty Acids	0.41	8	g
Polyunsaturated Fatty Acids	0.44	9	g
Total Unsaturated Fat	0.85	17	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.4	8	g
Sum of Omega-9 (n-9)	0.4	8	g
Calcium	85	1700	mg
Iron	1.38	28	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	44	877	mg
Phosphorus	117	2330	mg
Potassium	270	5380	mg
Sodium	730	14500	mg
Chloride	10	190	mg
Zinc	1.15	23	mg
Copper	0.140	3	mg
Manganese	1.01	20	mg
Selenium	10	199	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.90	18	mg
Vitamin B2	0.46	9	mg
Vitamin B3 (Total)	1.7	34	mg
Vitamin B5	0.63	13	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.3	46	µg
Vitamin B9 (Folic Acid)	42	843	µg
Vitamin B12 (Cyanocobalamin)	1.0	20	µg

Recipe Name

Mafroukah / Mejlalah

Approximately 4 adults

Ingredients	Quantity
Whole wheat flour	466 g
Salt	20 g
Melted ghee	37 g
Water	1.1 L
Honey	30 g

Preparation Method

1. In a deep bowl, mix whole wheat flour, salt, and water, and whisk until the batter becomes smooth and pourable. Let it rest for 15 minutes.
2. Heat a flat griddle (Saj) over high heat until very hot, about 5 minutes.
3. Pour a ladleful of the batter onto the Saj and spread it evenly by hand into a thin layer. Cook for 2 minutes, then flip to cook the other side until fully done.
4. Once cooked, tear the bread into small pieces while still hot and place them in a large shallow dish.
5. Pour the melted ghee over the pieces and rub the mixture by hand until well combined.
6. Serve the Mafroukah in a flat serving dish and drizzle with honey just before serving.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	686	8710	kJ
Energy (kcal)	164	2080	kcal
Moisture Content	58.0	736	g
Total Protein	6.3	80	g
Total Nitrogen	1.0	13	g
Total Fat	4.1	53	g
Available Carbohydrates	21.3	271	g
Total Carbohydrates	29.0	368	g
Total sugars	3.4	43	g
Added Sugar	2.4	30	g
Total Dietary Fibre	7.9	101	g
Soluble Fibre	0.8	10	g
Insoluble Fibre	7.2	91	g
Ash Content	2.3	29	g
Cholesterol	7.0	89	mg
Saturated Fatty Acids	2.48	32	g
Monounsaturated Fatty Acids	0.9	11	g
Polyunsaturated Fatty Acids	0.59	7	g
Total Unsaturated Fat	1.49	19	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.53	7	g
Sum of Omega-9 (n-9)	0.78	10	g
Calcium	18	230	mg
Iron	1.12	14	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	59	751	mg
Phosphorus	144	1830	mg
Potassium	171	2180	mg
Sodium	637	8080	mg
Chloride	10	123	mg
Zinc	1.84	23	mg
Copper	0.217	3	mg
Manganese	1.010	13	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	2.6	33	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	1.2	16	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	2.4	30	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	3.0	38	µg
Vitamin B9 (Folic Acid)	78	986	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Maqtoutah with Meat

Approximately 6 adults

Ingredients	Quantity
Boneless lamb, cut into medium pieces	1.4 kg
Lamb kidneys, cut into medium pieces	1 kg
Salt	20 g
Lamb liver, cut into medium pieces	720 g
Lamb fat, cut into medium pieces	800 g

Preparation Method

1. In a large pot over high heat, add the lamb fat and cook for 10 minutes until melted.
2. Add the lamb meat and sauté for 2 minutes until it changes color.
3. Cover the pot, reduce the heat to low, and cook for 30 minutes.
4. Add the liver, kidneys, and salt, then sauté all ingredients together for 10 minutes.
5. Serve hot once fully cooked.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1337	43900	kJ
Energy (kcal)	320	10500	kcal
Moisture Content	50.3	1650	g
Total Protein	19.3	633	g
Total Nitrogen	3.1	101	g
Total Fat	25.7	845	g
Available Carbohydrates	3.67	121	g
Total Carbohydrates	3.67	121	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	-	-	g
Soluble Fibre	-	-	g
Insoluble Fibre	-	-	g
Ash Content	1.1	35	g
Cholesterol	194	6365	mg
Saturated Fatty Acids	12.8	422	g
Monounsaturated Fatty Acids	11.0	363	g
Polyunsaturated Fatty Acids	0.89	29	g
Total Unsaturated Fat	11.9	392	g
Trans-Fat (TFA)	0.95	31	g
Sum of Omega-3 (n-3)	0.15	4.82	g
Sum of Omega-6 (n-6)	0.74	24	g
Sum of Omega-9 (n-9)	10.4	342	g
Calcium	9	305	mg
Iron	3.06	100	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	17	565	mg
Phosphorus	256	8400	mg
Potassium	287	9430	mg
Sodium	310	10200	mg
Chloride	4	141	mg
Zinc	2.45	81	mg
Copper	0.630	21	mg
Manganese	-	-	mg
Selenium	40	1315	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	1000.0	32866	µg
Beta-carotene	-	-	µg
Vitamin D	1.7	56	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	3.6	118	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	0.81	27	mg
Vitamin B3 (Total)	8.2	268	mg
Vitamin B5	2.0	66	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	3.0	99	µg
Vitamin B9 (Folic Acid)	30	997	µg
Vitamin B12 (Cyanocobalamin)	38	1249	µg

Recipe Name

Mansaf

Approximately 6 adults

Ingredients	Quantity
Lamb with bone and fat, cut into large pieces	2 kg
Hot water (for boiling lamb)	4 L
Salt (for lamb)	12 g
Dried yogurt (Marees), cut into small cubes	128 g
Hot water (for soaking Marees)	400 ml

Ingredients	Quantity
Short-grain rice, washed and soaked for 1 hour	560 g
Hot water (for cooking rice)	960 ml
Salt (for rice)	4 g
Ready-made flatbread (Saj bread)	optional for garnish

Preparation Method

Rice Preparation:

1. In a pot over high heat, pour the water and salt, and stir until dissolved.
2. Add the rice, cover, and cook over high heat for 5 minutes.
3. Reduce the heat to low and cook for 25 minutes until the rice is tender and fully cooked.

Marees Preparation:

1. Soak the Marees (dried yogurt) in hot water in a deep bowl and leave for an hour.
2. Rub the mixture by hand for about 10 minutes until the cubes are mostly dissolved.
3. Strain through a fine sieve to remove any undissolved pieces, keeping only the smooth, liquid part. Set aside for use.

Lamb Preparation:

1. In a large pot, pour the hot water and add the lamb. Boil over high heat for 30 minutes until foam forms on the surface.
2. Remove the foam, cover, and simmer for an hour.
3. Add the Marees mixture and salt, stir gently, and cook for another 50 minutes until the lamb is tender.

Assembly of Mansaf:

1. In a large serving platter, spread the rice evenly to cover the base.
2. Arrange the lamb pieces in the center and cover with Saj bread if desired.
3. Pour about a liter of the Marees mixture around the edges.
4. Serve the Mansaf hot.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	599	26000	kJ
Energy (kcal)	143	6200	kcal
Moisture Content	70.6	3070	g
Total Protein	9.1	394	g
Total Nitrogen	1.4	62	g
Total Fat	5.9	255	g
Available Carbohydrates	13.67	594	g
Total Carbohydrates	13.67	594	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	-	-	g
Soluble Fibre	-	-	g
Insoluble Fibre	-	-	g
Ash Content	1.1	48	g
Cholesterol	29.0	1260	mg
Saturated Fatty Acids	2.92	127	g
Monounsaturated Fatty Acids	2.47	107	g
Polyunsaturated Fatty Acids	0.26	11	g
Total Unsaturated Fat	2.73	119	g
Trans-Fat (TFA)	0.22	9	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.19	8	g
Sum of Omega-9 (n-9)	1.75	76	g
Calcium	11	482	mg
Iron	0.84	36	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	10	444	mg
Phosphorus	77	3340	mg
Potassium	122	5310	mg
Sodium	295	12800	mg
Chloride	5	230	mg
Zinc	1.48	64	mg
Copper	0.073	3	mg
Manganese	-	-	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	2.7	119	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.7	74	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.0	87	µg
Vitamin B9 (Folic Acid)	95	4126	µg
Vitamin B12 (Cyanocobalamin)	2.0	87	µg

Recipe Name

Malla Bread (Jamri)

Approximately 4 adults

Ingredients	Quantity
Whole wheat flour	608 g
Lukewarm water	480 ml
Salt	4 g

Preparation Method

Dough Preparation:

1. In a deep bowl, add the flour and salt, then gradually pour in the lukewarm water, kneading by hand for 4 minutes until the dough becomes soft and cohesive.
2. Cover the dough and let it rest for 30 minutes.

Baking the Bread:

1. Light the charcoal in a fireplace or sand pit and allow it to burn until it turns into glowing embers.
2. Sprinkle a little flour on a flat surface, then flatten the dough by hand into a medium-thick, round disc, coating both sides with flour.
3. Place the dough directly on the hot sand and embers, then cover the top and edges with embers for about a minute until the surface hardens slightly and forms a toasted layer that prevents sticking.
4. Remove the embers and bury the dough completely in the hot sand, covering it again with embers. Leave it for 5 minutes.
5. Flip the bread and rebury it in the sand with embers on top, allowing it to bake for 15-20 minutes until fully cooked.
6. Remove the bread carefully from the sand, brush off the ashes and any remaining sand, and scrape the surface gently with a knife to remove impurities.
7. The Malla Bread (Jamri) is now ready to serve.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	929	9330	kJ
Energy (kcal)	222	2230	kcal
Moisture Content	40.5	407	g
Total Protein	10.8	108	g
Total Nitrogen	1.7	17	g
Total Fat	1.6	16	g
Available Carbohydrates	36.0	362	g
Total Carbohydrates	45.3	455	g
Total sugars	2.8	28	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	9.7	97	g
Soluble Fibre	1.4	14	g
Insoluble Fibre	8.3	84	g
Ash Content	1.6	16	g
Cholesterol	-	-	mg
Saturated Fatty Acids	0.27	3	g
Monounsaturated Fatty Acids	0.25	3	g
Polyunsaturated Fatty Acids	1.1	11	g
Total Unsaturated Fat	1.35	14	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	1.02	10	g
Sum of Omega-9 (n-9)	0.23	2	g
Calcium	40	403	mg
Iron	2.50	25	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	85	851	mg
Phosphorus	151	1520	mg
Potassium	340	3410	mg
Sodium	193	1940	mg
Chloride	4	36	mg
Zinc	1.39	14	mg
Copper	0.267	3	mg
Manganese	2.17	22	mg
Selenium	23	234	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	0.7	7	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.24	2	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	2.8	28	mg
Vitamin B5	0.56	6	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	3.7	37	µg
Vitamin B9 (Folic Acid)	50	506	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Raghfan

Approximately 6 adults

Ingredients	Quantity
Lamb with bone and fat, cut into large pieces	2.2 kg
Hot water for boiling meat	5 L
Mrees (dried yogurt cubes), diced	444 g
Hot water for soaking Mrees	1.8 L
Whole wheat flour	1.8 kg
Lukewarm water for dough	1.5 L
Salt	50 g

Preparation Method

Dough Preparation

1. In a large bowl, add the flour, then gradually pour in the lukewarm water while kneading.
2. Knead by hand for 10 minutes until the dough becomes cohesive and smooth. Cover and let rest for an hour.
3. Divide the dough into large, thick balls and dust them with flour.
4. Flatten each ball gently on a floured surface, then stretch it using your hands in the air until it becomes very thin and ready for cooking.

Mrees Preparation

1. Place the Mrees cubes in a deep bowl, add hot water, and let soak for 20 minutes.
2. Pour the soaking water into another container to reuse after mashing.
3. Mash the Mrees until it becomes semi-liquid, then return the soaking water to the bowl and stir well.
4. Strain the mixture through a fine sieve to remove any solid pieces. The Mrees liquid is now ready to use in cooking the meat.

Meat Preparation

1. In a large deep pot over high heat, add the boiling water and the lamb.
2. Boil for 10 minutes until foam forms on the surface; remove the foam.
3. Cover the pot, reduce the heat to medium, and simmer for an hour.
4. Add the strained Mrees liquid and salt, and cook for another 15 minutes.
5. Gradually add the thin dough sheets into the pot one layer at a time, covering the pot between each addition (about a minute between layers).
6. Once all dough is added, cover the pot and cook on very low heat for 20 minutes until fully cooked and tender.

Final Preparation

1. Transfer the cooked dough pieces one by one onto a large serving platter, spreading them evenly.
2. Place the cooked lamb pieces on top, then pour half of the Mrees liquid (about 1.5 L) around the edges of the dish. The remaining Mrees liquid may be added to taste before serving.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	574	49300	kJ
Energy (kcal)	137	11800	kcal
Moisture Content	66.7	5720	g
Total Protein	8.6	738	g
Total Nitrogen	1.4	117	g
Total Fat	4.5	384	g
Available Carbohydrates	12.33	1060	g
Total Carbohydrates	19.0	1630	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	4.9	418	g
Soluble Fibre	0.3	26	g
Insoluble Fibre	4.6	392	g
Ash Content	1.4	117	g
Cholesterol	16.3	1401	mg
Saturated Fatty Acids	1.87	160	g
Monounsaturated Fatty Acids	1.91	164	g
Polyunsaturated Fatty Acids	0.48	41	g
Total Unsaturated Fat	2.38	204	g
Trans-Fat (TFA)	0.21	18	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.44	38	g
Sum of Omega-9 (n-9)	1.82	156	g
Calcium	27	2320	mg
Iron	1.53	132	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	56	4810	mg
Phosphorus	162	13900	mg
Potassium	238	20400	mg
Sodium	569	48800	mg
Chloride	7	585	mg
Zinc	1.57	135	mg
Copper	0.143	12	mg
Manganese	0.460	39	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	1.8	154	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	2.0	169	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	0.21	18	mg
Vitamin B3 (Total)	0.60	51	mg
Vitamin B5	0.30	26	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	4.0	343	µg
Vitamin B9 (Folic Acid)	49	4233	µg
Vitamin B12 (Cyanocobalamin)	1.0	85	µg

Recipe Name

Al-Sayadiah

Approximately 4 adults

Ingredients	Quantity
Shaour fish (Spangled emperor)	1.1 kg
Cinnamon sticks	17 g
Long-grain rice	400 g
Ground black pepper	7 g
Clarified sheep ghee (for garnish)	20 g
Green chili pepper	11 g
Cardamom pods	1 g
Hot water	7.1 L

Ingredients	Quantity
Dried black lime	1 piece
Cloves	1 g
Ground coriander	7 g
Ground cumin	7 g
Bay leaves	7 g
Cooking oil	133 ml
Salt	13 g
Onion, chopped (medium pieces)	533 g

Preparation Method

1. Pour the oil into a deep pot and heat over high heat. Add the onions and salt, and stir continuously for 20 minutes until the onions turn brown.
2. Add the spices (cloves, bay leaves, cumin, coriander, cinnamon sticks, dried black lime, cardamom, green chili pepper, and black pepper), and stir briefly. Pour in the water, cover the pot, and leave it for 5 minutes.
3. Add the fish, cover again, and cook for 15 minutes until the fish is done.
4. Remove the fish and place it in a separate plate. Strain the broth through a sieve to remove the solids and keep it for cooking the rice.
5. Add the rice to the strained broth, cover, and cook over medium heat for 20 minutes until the rice is fully cooked.
6. Place the rice in a serving dish, arrange the cooked fish on top, and drizzle with clarified sheep ghee.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	683	16800	kJ
Energy (kcal)	163	4000	kcal
Moisture Content	64.8	1590	g
Total Protein	12.0	296	g
Total Nitrogen	1.9	48	g
Total Fat	6.0	148	g
Available Carbohydrates	13.3	327	g
Total Carbohydrates	16.7	409	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	3.0	74	g
Soluble Fibre	0.3	7	g
Insoluble Fibre	2.8	68	g
Ash Content	0.6	14	g
Cholesterol	25.3	622	mg
Saturated Fatty Acids	1.46	36	g
Monounsaturated Fatty Acids	1.77	44	g
Polyunsaturated Fatty Acids	2.71	67	g
Total Unsaturated Fat	4.48	110	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	0.22	5	g
Sum of Omega-6 (n-6)	2.47	61	g
Sum of Omega-9 (n-9)	1.69	42	g
Calcium	19	463	mg
Iron	0.33	8	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	18	443	mg
Phosphorus	100	2450	mg
Potassium	269	6610	mg
Sodium	188	4610	mg
Chloride	3	69	mg
Zinc	0.59	15	mg
Copper	0.113	3	mg
Manganese	-	-	mg
Selenium	37	901	µg
Iodine	26	639	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	2.2	53	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	0.10	2	mg
Vitamin B3 (Total)	3.0	74	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	6.0	147	µg
Vitamin B9 (Folic Acid)	71	1752	µg
Vitamin B12 (Cyanocobalamin)	1.0	25	µg

Al Bahah

Purslane stew 198

Muqana bread 200

Al-Daghabees 202

Abayla with Meat 204

Abayla with Chicken 206

Baha Areekah 208

Whole wheat Aseedah with Meat 210

Whole wheat Aseedah with Chicken 212

Couscousiyah with Meat 214

Couscousiyah with Chicken 217

Lamb Kabsa 220

Camel Meat Kabsa 222

Chicken Kabsa 224

Recipe Name

Purslane Stew

Approximately 4 adults

Ingredients	Quantity
Onion, finely chopped	120 g
Tomato, chopped	290 g
Salt	6 g
Fresh purslane, chopped	320 g
Water	200 ml
Ghee	40 g

Preparation Method

1. Place the ghee in a medium pot over low heat for 1 minute until melted.
2. Add the onion and sauté for 3 minutes until golden.
3. Add the tomato and stir for 2 minutes, then leave for another 4 minutes until softened.
4. Add the salt and purslane, and stir for 3 minutes.
5. Pour in the water, cover the pot, and simmer over low heat for 15 minutes.
6. Transfer the Purslane Stew to a deep serving dish and serve hot.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	223	1920	kJ
Energy (kcal)	53	458	kcal
Moisture Content	89.4	769	g
Total Protein	1.2	11	g
Total Nitrogen	0.2	2	g
Total Fat	3.8	33	g
Available Carbohydrates	3.0	26	g
Total Carbohydrates	4.0	34	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	1.2	10	g
Soluble Fibre	-	-	g
Insoluble Fibre	1.2	10	g
Ash Content	1.3	12	g
Cholesterol	14.0	120	mg
Saturated Fatty Acids	2.57	22	g
Monounsaturated Fatty Acids	0.89	8	g
Polyunsaturated Fatty Acids	0.17	1	g
Total Unsaturated Fat	1.06	9	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	0.10	1	g
Sum of Omega-6 (n-6)	0.07	1	g
Sum of Omega-9 (n-9)	0.75	6	g
Calcium	38	324	mg
Iron	0.57	5	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	0	1	mg
Phosphorus	35	299	mg
Potassium	304	2610	mg
Sodium	236	2030	mg
Chloride	5	42	mg
Zinc	0.28	2	mg
Copper	0.05	0	mg
Manganese	30.5	262	mg
Selenium	-	-	µg
Iodine	29	250	µg
Vitamin A (as Retinol)	41	356	µg
Beta-carotene	1500	12908	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	0.60	5	mg
Vitamin K	73	632	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	0.43	4	mg
Vitamin B5	0.70	6	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	9.3	80	µg
Vitamin B9 (Folic Acid)	52	445	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Muqana Bread

Approximately 6 adults

Ingredients	Quantity
Whole-wheat flour	2 kg
Salt	40 g
Water	1.7 L

Preparation Method

1. Place the flour and salt in a deep bowl, then gradually pour in the water. Knead the mixture by hand for 15 minutes until the dough becomes firm. Cover and let rest for 30 minutes.
2. Heat the Al-Safa stone (Salli stone) over embers for 45 minutes. Flatten the dough by hand into a thick, round disk.
3. Place burning palm fronds over the surface of the dough for 2 minutes until it develops a dark brown crust and firms up. Cover with a metal lid (makab), place embers on top, and leave for 20 minutes.
4. Remove the lid and carefully lift the bread. Brush off any ashes thoroughly.
5. Place the Muqana Bread on a flat serving plate and serve.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	942	31500	kJ
Energy (kcal)	225	7540	kcal
Moisture Content	39.1	1310	g
Total Protein	10.0	335	g
Total Nitrogen	1.6	54	g
Total Fat	1.1	36	g
Available Carbohydrates	38.7	1290	g
Total Carbohydrates	48.0	1610	g
Total sugars	3.1	105	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	8.8	296	g
Soluble Fibre	1.3	42	g
Insoluble Fibre	7.5	252	g
Ash Content	2.1	69	g
Cholesterol	-	-	mg
Saturated Fatty Acids	0.2	7	g
Monounsaturated Fatty Acids	0.2	7	g
Polyunsaturated Fatty Acids	0.68	23	g
Total Unsaturated Fat	0.88	29	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.63	21	g
Sum of Omega-9 (n-9)	0.18	6	g
Calcium	37	1230	mg
Iron	1.78	60	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	91	3040	mg
Phosphorus	173	5780	mg
Potassium	349	11700	mg
Sodium	530	17700	mg
Chloride	6.10	204	mg
Zinc	1.60	54	mg
Copper	0.243	8	mg
Manganese	2.06	69	mg
Selenium	23	781	µg
Iodine	33	1105	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.60	20	mg
Vitamin B2	0.10	3	mg
Vitamin B3 (Total)	3.3	110	mg
Vitamin B5	0.73	25	mg
Vitamin B6	0.19	6	mg
Vitamin B7 (Biotin)	3.3	112	µg
Vitamin B9 (Folic Acid)	48	1618	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Al-Daghabees

Approximately 4 adults

Broth Ingredients	Quantity
Lamb with bone, cut into medium pieces	480 g
Onion, finely chopped	153 g
Tomato, chopped	133 g
Salt	9 g
Water	2 L
Black pepper, for garnish	1 g
Ghee, melted	20 ml

Dough Ingredients	Quantity
Whole-wheat flour	520 g
Salt	1 g
Water	423 ml

Preparation Method

Dough Preparation:

1. Mix the flour and salt, then gradually add the water while kneading until the dough becomes firm. Cover and let rest for 30 minutes.
2. After resting, divide the dough into small pieces and shape them into thick disks (about 2 cm thick). Set aside until ready to cook.

Broth Preparation:

1. In a pressure cooker, melt the clarified butter over low heat, then add the onion and sauté for 5 minutes until soft.
2. Add the lamb and cook for 5 minutes until browned.
3. Add the tomato and salt, stir until thickened, then pour in a small amount of water and simmer for 5 minutes.
4. Add the remaining water, close the lid tightly, and cook under pressure for 50 minutes.
5. After cooking, open the pressure cooker and gently place the dough disks on the surface of the broth without stirring. Cover and simmer over low heat for 30 minutes until the dough is fully cooked.
6. Separate the meat from the dough. Serve each in a separate dish, pour the broth into a deep bowl, and garnish with black pepper.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	469	13200	kJ
Energy (kcal)	112	3150	kcal
Moisture Content	72.7	2050	g
Total Protein	6.7	189	g
Total Nitrogen	1.1	30	g
Total Fat	3.1	87	g
Available Carbohydrates	11.7	328	g
Total Carbohydrates	16.3	460	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	4.8	135	g
Soluble Fibre	0.6	16	g
Insoluble Fibre	4.2	119	g
Ash Content	0.8	23	g
Cholesterol	13.5	381	mg
Saturated Fatty Acids	1.58	44	g
Monounsaturated Fatty Acids	1.0	28	g
Polyunsaturated Fatty Acids	0.37	11	g
Total Unsaturated Fat	1.37	39	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.34	10	g
Sum of Omega-9 (n-9)	0.97	27	g
Calcium	11	305	mg
Iron	1.32	37	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	29	829	mg
Phosphorus	71	2000	mg
Potassium	170	4780	mg
Sodium	230	6470	mg
Chloride	3	93	mg
Zinc	1.43	40	mg
Copper	0.217	6	mg
Manganese	1.05	30	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	1.2	35	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	1.0	29	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	0.93	26	mg
Vitamin B5	0.30	8	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	4.3	122	µg
Vitamin B9 (Folic Acid)	13	356	µg
Vitamin B12 (Cyanocobalamin)	1.0	28	µg

Recipe Name

Abayla with Meat

Approximately 4 adults

Ingredients	Quantity
Lamb with bone, cut into medium cubes	800 g
Ground black pepper	4 g
Salt	6 g
Fresh cow laban	400 ml
Water	1800 ml
Whole wheat flour	20 g

Preparation Method

1. Place the meat, water, and salt in a medium-sized pressure cooker over medium heat.
2. Once the water begins to boil, remove the foam that appears on the surface. Cover the cooker and cook for 40 minutes.
3. In a deep bowl, mix the flour and laban until smooth, then gradually add this mixture to the meat while stirring continuously for 5 minutes. Add the black pepper and mix well.
4. Once fully cooked, serve the Abayla hot in a deep serving bowl.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	526	7770	kJ
Energy (kcal)	126	1860	kcal
Moisture Content	78.7	1160	g
Total Protein	9.5	140	g
Total Nitrogen	1.5	23	g
Total Fat	9.5	140	g
Available Carbohydrates	-	-	g
Total Carbohydrates	1.33	20	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	1.3	19	g
Soluble Fibre	-	-	g
Insoluble Fibre	1.3	19	g
Ash Content	0.8	12	g
Cholesterol	41.3	611	mg
Saturated Fatty Acids	4.66	69	g
Monounsaturated Fatty Acids	4.12	61	g
Polyunsaturated Fatty Acids	0.35	5	g
Total Unsaturated Fat	4.46	66	g
Trans-Fat (TFA)	0.33	5	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.31	5	g
Sum of Omega-9 (n-9)	3.84	57	g
Calcium	37	544	mg
Iron	0.84	12	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	14	201	mg
Phosphorus	96	1420	mg
Potassium	207	3060	mg
Sodium	194	2870	mg
Chloride	3	39	mg
Zinc	1.46	22	mg
Copper	0.067	1	mg
Manganese	-	-	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	3.4	50	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	5.1	76	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	0.09	1	mg
Vitamin B3 (Total)	0.96	14	mg
Vitamin B5	0.53	8	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	3.0	44	µg
Vitamin B9 (Folic Acid)	55	808	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Abayla with Chicken

Approximately 4 adults

Ingredients	Quantity
Chicken with bone, cut into medium cubes	800 g
Ground black pepper	4 g
Salt	6 g
Fresh cow laban	400 ml
Water	1.8 L
Whole wheat flour	20 g

Preparation Method

1. Place the chicken, water, and salt in a medium-sized pressure cooker over medium heat.
2. Once the water begins to boil, remove the foam that appears on the surface. Cover the cooker and cook for 40 minutes.
3. In a deep bowl, mix the flour with laban until smooth, then gradually add this mixture to the chicken while stirring continuously for 5 minutes. Add the black pepper and mix well.
4. Once fully cooked, serve the Abayla hot in a deep serving bowl.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	321	4320	kJ
Energy (kcal)	77	1030	kcal
Moisture Content	85.0	1150	g
Total Protein	9.3	125	g
Total Nitrogen	1.5	20	g
Total Fat	5.1	69	g
Available Carbohydrates	-	-	g
Total Carbohydrates	-	-	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	2.4	32	g
Soluble Fibre	-	-	g
Insoluble Fibre	2.0	27	g
Ash Content	0.9	13	g
Cholesterol	41.3	557	mg
Saturated Fatty Acids	1.83	25	g
Monounsaturated Fatty Acids	2.17	29	g
Polyunsaturated Fatty Acids	1.04	14	g
Total Unsaturated Fat	3.21	43	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.98	13	g
Sum of Omega-9 (n-9)	1.93	26	g
Calcium	30	406	mg
Iron	0.54	7	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	14	182	mg
Phosphorus	98	1320	mg
Potassium	202	2720	mg
Sodium	172	2310	mg
Chloride	2	29	mg
Zinc	0.58	8	mg
Copper	0.040	1	mg
Manganese	-	-	mg
Selenium	-	-	µg
Iodine	50	674	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	2.2	30	µg
Vitamin E (as a-Tocopherol)	0.5	7	mg
Vitamin K	17	226	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	0.09	1	mg
Vitamin B3 (Total)	1.6	22	mg
Vitamin B5	0.6	8	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	3.3	45	µg
Vitamin B9 (Folic Acid)	6.0	81	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Baha Areekah

Approximately 4 adults

Ingredients	Quantity
Whole wheat flour	360 g
Honey	50 g
Salt	12 g
Ghee	110 g
Water	400 ml
Dates, for garnish	150 g

Preparation Method

1. In a deep bowl, dissolve the salt in a small amount of water, then add it to the flour. Gradually pour in the remaining water while kneading by hand for about 2 minutes until a semi-liquid dough forms.
2. Pour the dough onto a hot griddle (Saj) set over medium heat and spread it into a medium-thick layer.
3. Cook for 2 minutes until the bottom sets and bubbles appear on the surface, then flip and cook the other side for another 2 minutes. Repeat flipping until fully cooked on all sides.
4. Tear the baked bread into pieces by hand or with a wooden spoon, then add part of the ghee and honey and mix until the pieces become soft and cohesive.
5. Pour the remaining ghee and honey over the top and garnish with dates.
6. Serve hot on a flat plate.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1153	10600	kJ
Energy (kcal)	275	2540	kcal
Moisture Content	36.3	335	g
Total Protein	6.9	63	g
Total Nitrogen	1.1	10	g
Total Fat	9.6	89	g
Available Carbohydrates	35.3	326	g
Total Carbohydrates	45.3	418	g
Total sugars	16.3	151	g
Added Sugar	5.4	50	g
Total Dietary Fibre	10.0	92	g
Soluble Fibre	1.4	13	g
Insoluble Fibre	8.6	79	g
Ash Content	1.9	17	g
Cholesterol	23.0	212	mg
Saturated Fatty Acids	6.28	58	g
Monounsaturated Fatty Acids	2.31	21	g
Polyunsaturated Fatty Acids	0.71	7	g
Total Unsaturated Fat	3.02	28	g
Trans-Fat (TFA)	0.29	2.71	g
Sum of Omega-3 (n-3)	0.13	1	g
Sum of Omega-6 (n-6)	0.58	5	g
Sum of Omega-9 (n-9)	1.95	18	g
Calcium	30	274	mg
Iron	1.31	12	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	64	592	mg
Phosphorus	181	1670	mg
Potassium	273	2520	mg
Sodium	478	4410	mg
Chloride	8	71	mg
Zinc	1.14	11	mg
Copper	0.207	2	mg
Manganese	1.27	12	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	80.0	738	µg
Beta-carotene	-	-	µg
Vitamin D	2.1	19	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.90	8	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	0.50	5	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	5.0	46	µg
Vitamin B9 (Folic Acid)	191	1763	µg
Vitamin B12 (Cyanocobalamin)	1.3	12	µg

Recipe Name

Whole wheat Aseedah with Meat

Approximately 4 adults

Broth Ingredients	Quantity
Lamb with bone, cut into medium cubes	400 g
Ground black pepper	2 g
Salt	30 g
Water	2 L

Aseedah Ingredients	Quantity
Boiling water	600 ml
Whole wheat flour	300 g
Salt	2 g

Preparation Method

Broth Preparation:

1. Pour the water into a medium-sized pot over medium heat, then add the lamb and salt. Cover and cook for an hour.
2. Skim off the foam (white froth) that forms on the surface using a cooking spoon.

Aseedah Preparation:

1. In another medium pot, add the salt and half the amount of boiling water, then gradually add the flour while stirring continuously with a wooden whisk (muswat) for 5 minutes.
2. Gradually pour in the remaining boiling water while continuing to stir for another 10 minutes until a soft dough-like consistency forms.
3. Add 150 ml of the prepared meat broth to the dough and stir for 2 minutes to enhance the flavor.
4. Serve the Aseedah in two dishes: a flat plate for the Aseedah and a deep bowl for the broth, garnished with black pepper.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	252	5600	kJ
Energy (kcal)	60	1340	kcal
Moisture Content	84.3	1870	g
Total Protein	4.3	96	g
Total Nitrogen	0.7	16	g
Total Fat	1.3	30	g
Available Carbohydrates	6.33	141	g
Total Carbohydrates	8.67	193	g
Total sugars	2.5	56	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	2.1	47	g
Soluble Fibre	-	-	g
Insoluble Fibre	2.1	47	g
Ash Content	1.3	28	g
Cholesterol	8.0	178	mg
Saturated Fatty Acids	0.57	13	g
Monounsaturated Fatty Acids	0.55	12	g
Polyunsaturated Fatty Acids	0.19	4	g
Total Unsaturated Fat	0.74	16	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.17	4	g
Sum of Omega-9 (n-9)	0.52	11	g
Calcium	11	250	mg
Iron	0.49	11	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	19	419	mg
Phosphorus	71	1580	mg
Potassium	103	2290	mg
Sodium	518	11500	mg
Chloride	6	126	mg
Zinc	0.77	17	mg
Copper	0.063	1	mg
Manganese	0.300	7	mg
Selenium	-	-	µg
Iodine	72	1593	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	1.4	31	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.24	5	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.3	52	µg
Vitamin B9 (Folic Acid)	20	452	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Whole wheat Aseedah with Chicken

Approximately 4 adults

Broth Ingredients	Quantity
Chicken with bone, cut into medium cubes	400 g
Ground black pepper	2 g
Salt	30 g
Water	2 L

Aseedah Ingredients	Quantity
Boiling water	600 ml
Whole wheat flour	300 g
Salt	2 g

Preparation Method

Broth Preparation:

1. Pour the water into a medium pot and place over medium heat. Add the chicken and salt, cover the pot, and cook for 45 minutes.
2. Skim off the foam (white froth) that appears on the surface using a cooking spoon.

Aseedah Preparation:

1. In another medium pot over medium heat, add the salt and half of the boiling water. Gradually add the flour while stirring continuously with a wooden whisk (muswat) for 5 minutes.
2. Gradually pour in the remaining boiling water and continue stirring for 10 minutes until a soft, cohesive dough forms.
3. Add 150 ml of the chicken broth to the dough and stir for 2 minutes to enhance the flavor.
4. After cooking, serve the dish in two parts: the broth in a deep bowl garnished with black pepper, and the Aseedah on a flat serving plate.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	244	6140	kJ
Energy (kcal)	58	1470	kcal
Moisture Content	84.6	2130	g
Total Protein	4.7	117	g
Total Nitrogen	0.8	19	g
Total Fat	1.4	34	g
Available Carbohydrates	5.67	142	g
Total Carbohydrates	8.33	210	g
Total sugars	1.5	37	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	2.6	66	g
Soluble Fibre	0.2	4	g
Insoluble Fibre	2.5	62	g
Ash Content	1.3	32	g
Cholesterol	8.33	210	mg
Saturated Fatty Acids	0.39	10	g
Monounsaturated Fatty Acids	0.56	14	g
Polyunsaturated Fatty Acids	0.4	10	g
Total Unsaturated Fat	0.96	24	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.37	9	g
Sum of Omega-9 (n-9)	0.5	13	g
Calcium	11	265	mg
Iron	0.42	11	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	20	506	mg
Phosphorus	79	1980	mg
Potassium	118	2970	mg
Sodium	483	12200	mg
Chloride	7	188	mg
Zinc	0.47	12	mg
Copper	0.06	2	mg
Manganese	0.33	8	mg
Selenium	-	-	µg
Iodine	24	595	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	1.2	30	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	4.0	100	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.07	2	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	6.5	164	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	3.7	92	µg
Vitamin B9 (Folic Acid)	29	721	µg
Vitamin B12 (Cyanocobalamin)	1.0	25	µg

Recipe Name

Couscousiyah with Meat

Approximately 4 adults

Meat Mixture	Quantity
Lamb, cut into medium pieces	600 g
Onion, finely chopped	120 g
Tomato, chopped	150 g
Ground dried coriander	5 g
Ground black pepper	4 g
Ground cumin	4 g
Ground turmeric	2 g
Olive oil	50 ml
Salt	6 g
Water	1.5 L
Couscous	**Quantity**
Whole wheat flour	600 g
Water	400 ml
Melted ghee	50 ml
Salt	1 g

Stew (Eidam) Mixture	Quantity
Zucchini, quartered lengthwise	100 g
Bell pepper, quartered	100 g
Yellow squash, quartered lengthwise	100 g
Green squash, quartered lengthwise	100 g
Carrot, peeled and quartered lengthwise	100 g
Tomato, chopped	150 g
Fresh parsley, chopped	60 g
Onion, finely chopped	120 g
Green chili pepper	40 g
Ground black pepper	2 g
Ground cumin	4 g
Ground dried coriander	5 g
Ground turmeric	2 g
Clarified ghee	60 g
Salt	4 g
Olive oil	50 ml
Boiling water	1.5 L

Preparation Method

Meat Preparation:

1. Heat olive oil in a medium pot over medium heat, then add the lamb and sauté for 10 minutes until browned.
2. Add onion, tomato, salt, and spices (black pepper, turmeric, cumin, dried coriander), stirring for 15 minutes until the tomatoes soften.
3. Pour in the water, cover, and simmer for an hour until the meat is tender.

Preparation Method

Stew Preparation:

1. In another medium pot, heat olive oil over medium heat. Add onion and sauté for 2 minutes until golden.
2. Add tomato, salt, and spices (black pepper, turmeric, cumin, dried coriander), and cook for 15 minutes until the mixture blends well.
3. Add carrot, zucchini, parsley, yellow squash, green squash, green chili, bell pepper, and ghee, stirring for 2 minutes.
4. Add the cooked lamb with its broth and additional water, then reduce the heat to low. Cover and simmer for 15 minutes.

Couscous Preparation:

1. Dissolve the salt in a cup of water and stir well.
2. Place the whole wheat flour in a large bowl, sprinkle with the salted water, and rub gently by hand for 5 minutes until small granules form and absorb half of the liquid.
3. Pour the stew into the bottom pot of the couscous steamer over medium heat, then place the couscous granules in the top section. Cover and steam for 30 minutes.
4. Add melted ghee to the couscous and mix for 2 minutes until evenly coated.
5. After cooking, place the couscous in a deep serving bowl and pour the stew over it.
6. Serve the Couscousiyah hot in a deep serving dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	500	19700	kJ
Energy (kcal)	119	4710	kcal
Moisture Content	76.1	3000	g
Total Protein	4.3	168	g
Total Nitrogen	0.7	28	g
Total Fat	7.6	298	g
Available Carbohydrates	7.0	276	g
Total Carbohydrates	10.0	395	g
Total sugars	1.4	54	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	3.3	130	g
Soluble Fibre	0.4	14	g
Insoluble Fibre	2.9	116	g
Ash Content	1.7	68	g
Cholesterol	14.0	552	mg
Saturated Fatty Acids	3.4	134	g
Monounsaturated Fatty Acids	3.17	125	g
Polyunsaturated Fatty Acids	0.83	33	g
Total Unsaturated Fat	4.0	158	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.74	29	g
Sum of Omega-9 (n-9)	2.99	118	g
Calcium	28	1100	mg
Iron	1.41	56	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	39	1550	mg
Phosphorus	112	4420	mg
Potassium	238	9380	mg
Sodium	153	6040	mg
Chloride	3	115	mg
Zinc	1.51	60	mg
Copper	0.157	6	mg
Manganese	0.357	14	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	1.4	54	µg
Vitamin E (as a-Tocopherol)	0.6	25	mg
Vitamin K	7.9	310	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	0.10	4	mg
Vitamin B3 (Total)	0.30	12	mg
Vitamin B5	1.4	54	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	4.0	158	µg
Vitamin B9 (Folic Acid)	62	2447	µg
Vitamin B12 (Cyanocobalamin)	1.0	39	µg

Recipe Name

Couscousiyah with Chicken

Approximately 6 adults

Chicken Mixture	Quantity
Chicken, cut into medium pieces	600 g
Onion, finely chopped	120 g
Tomato, chopped	150 g
Ground dried coriander	5 g
Ground black pepper	4 g
Ground cumin	4 g
Ground turmeric	2 g
Olive oil	50 ml
Salt	6 g
Water	1.5 L
Couscous	**Quantity**
Whole wheat flour	600 g
Water	400 ml
Melted ghee	50 ml
Salt	1 g

Stew (Eidam) Mixture	Quantity
Zucchini, quartered lengthwise	100 g
Bell pepper, quartered	100 g
Yellow squash, quartered lengthwise	100 g
Green squash, quartered lengthwise	100 g
Carrot, peeled and quartered lengthwise	100 g
Tomato, chopped	150 g
Fresh parsley, chopped	60 g
Onion, finely chopped	120 g
Green chili pepper	40 g
Ground black pepper	2 g
Ground cumin	4 g
Ground dried coriander	5 g
Ground turmeric	2 g
Clarified ghee	60 g
Salt	4 g
Olive oil	50 ml
Boiling water	1.5 L

Preparation Method

Chicken Preparation:

1. Heat olive oil in a medium pot over medium heat, then add the chicken and sauté for 10 minutes until browned.
2. Add onion, tomato, salt, and spices (black pepper, turmeric, cumin, dried coriander), stirring for 15 minutes until the tomatoes soften.
3. Pour in the water, cover, and simmer for an hour until the chicken is tender.

Preparation Method

Stew Preparation:

1. In another medium pot, heat olive oil over medium heat. Add onion and sauté for 2 minutes until golden.
2. Add tomato, salt, and spices (black pepper, turmeric, cumin, dried coriander), and cook for 15 minutes until the mixture blends well.
3. Add carrot, zucchini, parsley, yellow squash, green squash, green chili, bell pepper, and ghee, stirring for 2 minutes.
4. Add the cooked chicken with its broth and additional water, then reduce the heat to low. Cover and simmer for 15 minutes.

Couscous Preparation:

1. Dissolve the salt in a cup of water and stir well.
2. Place the whole wheat flour in a large bowl, sprinkle with the salted water, and rub gently by hand for 5 minutes until small granules form and absorb half of the liquid.
3. Pour the stew into the bottom pot of the couscous steamer over medium heat, then place the couscous granules in the top section. Cover and steam for 30 minutes.
4. Add melted ghee to the couscous and mix for 2 minutes until evenly coated.
5. After cooking, place the couscous in a deep serving bowl and pour the stew over it.
6. Serve the Couscousiyah hot in a deep serving dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	557	22300	kJ
Energy (kcal)	133	5320	kcal
Moisture Content	72.1	2890	g
Total Protein	4.8	191	g
Total Nitrogen	0.8	31	g
Total Fat	6.6	263	g
Available Carbohydrates	11.7	467	g
Total Carbohydrates	15.7	627	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	3.6	144	g
Soluble Fibre	0.3	13	g
Insoluble Fibre	3.3	131	g
Ash Content	0.9	35	g
Cholesterol	18.0	720	mg
Saturated Fatty Acids	2.44	97	g
Monounsaturated Fatty Acids	2.92	117	g
Polyunsaturated Fatty Acids	1.09	44	g
Total Unsaturated Fat	4.01	161	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	1.01	40	g
Sum of Omega-9 (n-9)	2.75	110	g
Calcium	35	1380	mg
Iron	1.21	48	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	41	1650	mg
Phosphorus	123	4920	mg
Potassium	233	9320	mg
Sodium	137	5470	mg
Chloride	2	88	mg
Zinc	1.36	54	mg
Copper	0.150	6	mg
Manganese	0.367	15	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	1.1	44	mg
Vitamin K	13	507	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	0.30	12	mg
Vitamin B3 (Total)	1.3	52	mg
Vitamin B5	1.0	40	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.0	80	µg
Vitamin B9 (Folic Acid)	103	4121	µg
Vitamin B12 (Cyanocobalamin)	1.0	40	µg

Recipe Name

Lamb Kabsa

Approximately 4 adults

Ingredients	Quantity
Lamb, cut into medium pieces	667 g
Lamb fat (tail fat), chopped	80 g
Tomato, chopped	213 g
Onion, chopped	93 g
Ground black pepper	5 g
Short-grain rice, washed	600 g
Salt	36 g
Water	2.8 L

Preparation Method

1. Place the lamb fat in a medium pot over medium heat and cook for 3 minutes until it melts.
2. Add the onion and sauté for 3 minutes until it turns golden.
3. Add the tomato and stir for 3 minutes until it softens.
4. Add the lamb, salt, black pepper, and water. Let the mixture cook for 15 minutes.
5. Skim off the foam (white froth) that appears on the surface of the broth.
6. Cover the pot and simmer over medium heat for 30 minutes until the meat is tender.
7. Add the rice, cover, and cook for 15 minutes until fully cooked.
8. Once done, transfer the Lamb Kabsa to a flat serving dish and serve.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	659	16800	kJ
Energy (kcal)	158	4020	kcal
Moisture Content	66.2	1690	g
Total Protein	4.7	120	g
Total Nitrogen	0.7	19	g
Total Fat	6.1	154	g
Available Carbohydrates	20.0	509	g
Total Carbohydrates	22.0	560	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	1.8	47	g
Soluble Fibre	-	-	g
Insoluble Fibre	2.0	52	g
Ash Content	1.2	30	g
Cholesterol	14.3	365	mg
Saturated Fatty Acids	2.93	75	g
Monounsaturated Fatty Acids	2.61	66	g
Polyunsaturated Fatty Acids	0.26	7	g
Total Unsaturated Fat	2.87	73	g
Trans-Fat (TFA)	0.25	6.37	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.24	6	g
Sum of Omega-9 (n-9)	2.45	62	g
Calcium	12	293	mg
Iron	0.65	17	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	10	247	mg
Phosphorus	54	1370	mg
Potassium	139	3530	mg
Sodium	497	12700	mg
Chloride	9	239	mg
Zinc	1.21	31	mg
Copper	0.097	2	mg
Manganese	0.133	3	mg
Selenium	-	-	µg
Iodine	41	1044	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	1.6	41	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.07	2	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	0.39	10	mg
Vitamin B5	0.40	10	mg
Vitamin B6	0.04	1	mg
Vitamin B7 (Biotin)	1.3	34	µg
Vitamin B9 (Folic Acid)	24	603	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Young Camel Meat Kabsa

Approximately 4 adults

Ingredients	Quantity
Young camel meat (hashi), cut into medium pieces	667 g
Camel fat (tail fat), chopped	80 g
Tomato, chopped	213 g
Onion, chopped	93 g
Ground black pepper	5 g
Short-grain rice, washed	600 g
Salt	36 g
Water	1.5 L

Preparation Method

1. Place the camel fat in a medium pot over medium heat and cook for 3 minutes until it melts.
2. Add the onion and sauté for 3 minutes until golden.
3. Add the tomato and stir for 3 minutes until it softens.
4. Add the camel meat, salt, black pepper, and water. Cook for 15 minutes.
5. Skim off the foam (white froth) that appears on the surface of the broth.
6. Cover the pot and simmer over medium heat for 45 minutes until the meat is tender.
7. Add the rice, cover, and cook for 15 minutes until the rice is fully cooked.
8. Once done, transfer the Kabsa to a flat serving dish and serve.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	792	16600	kJ
Energy (kcal)	189	3960	kcal
Moisture Content	58.9	1230	g
Total Protein	7.1	148	g
Total Nitrogen	1.1	24	g
Total Fat	7.3	154	g
Available Carbohydrates	22.3	467	g
Total Carbohydrates	24.7	516	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	2.2	45	g
Soluble Fibre	-	-	g
Insoluble Fibre	2.2	45	g
Ash Content	1.9	40	g
Cholesterol	14.3	300	mg
Saturated Fatty Acids	3.88	81	g
Monounsaturated Fatty Acids	2.86	60	g
Polyunsaturated Fatty Acids	0.36	8	g
Total Unsaturated Fat	3.23	67	g
Trans-Fat (TFA)	0.24	5	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.32	7	g
Sum of Omega-9 (n-9)	2.27	47	g
Calcium	15	320	mg
Iron	0.68	14	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	11	236	mg
Phosphorus	71	1480	mg
Potassium	173	3620	mg
Sodium	664	13900	mg
Chloride	12	247	mg
Zinc	1.05	22	mg
Copper	0.093	2	mg
Manganese	0.150	3	mg
Selenium	-	-	µg
Iodine	72.0	1506	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	1.1	22	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	1.0	21	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.09	2	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	0.71	15	mg
Vitamin B5	0.30	6	mg
Vitamin B6	0.03	1	mg
Vitamin B7 (Biotin)	2.0	42	µg
Vitamin B9 (Folic Acid)	55	1150	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Chicken Kabsa

Approximately 4 adults

Ingredients	Quantity
Chicken, cut into medium pieces	667 g
Fat (tail fat), chopped	80 g
Tomato, chopped	213 g
Onion, chopped	93 g
Ground black pepper	5 g
Short-grain rice, washed	600 g
Salt	36 g
Water	1.5 L

Preparation Method

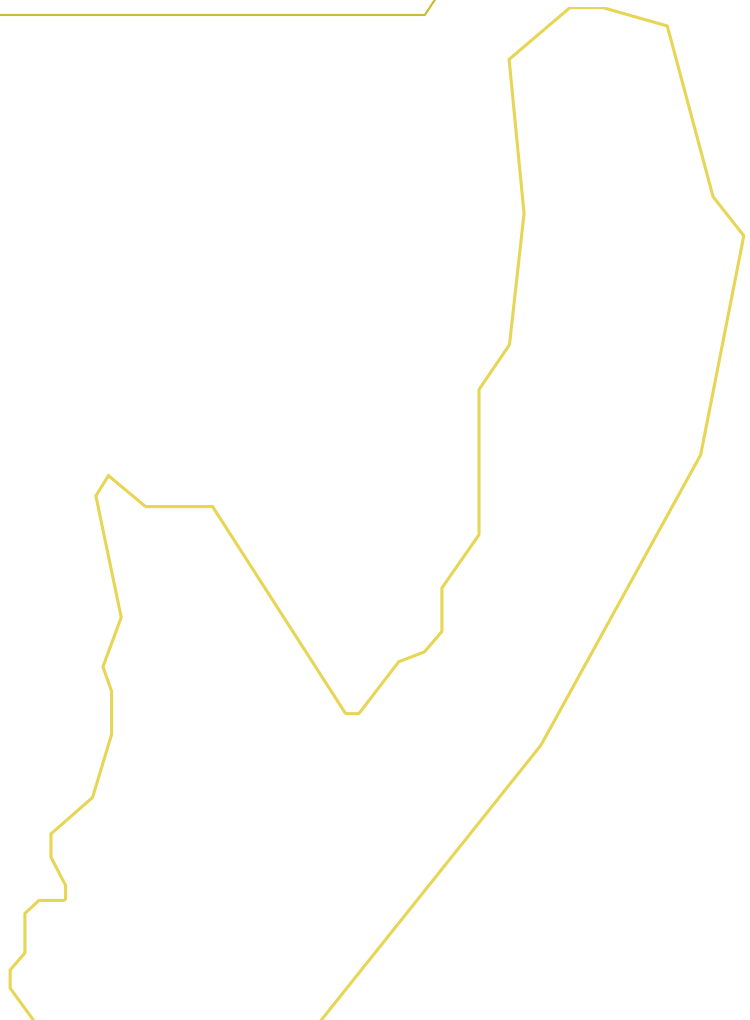
1. Place the fat in a medium pot over medium heat and cook for 3 minutes until it melts.
2. Add the onion and sauté for 3 minutes until golden.
3. Add the tomato and stir for 3 minutes until it softens.
4. Add the chicken, salt, black pepper, and water. Cook for 15 minutes.
5. Skim off the foam (white froth) that appears on the surface of the broth.
6. Cover the pot and simmer over medium heat for 30 minutes until the chicken is tender.
7. Add the rice, cover, and cook for 15 minutes until the rice is fully cooked.
8. Once done, transfer the Chicken Kabsa to a flat serving dish and serve.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	784	15400	kJ
Energy (kcal)	187	3670	kcal
Moisture Content	58.2	1140	g
Total Protein	8.4	165	g
Total Nitrogen	1.3	26	g
Total Fat	5.6	110	g
Available Carbohydrates	25.0	490	g
Total Carbohydrates	26.0	510	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	1.4	26	g
Soluble Fibre	-	-	g
Insoluble Fibre	1.4	27	g
Ash Content	1.6	31	g
Cholesterol	23.7	464	mg
Saturated Fatty Acids	2.22	44	g
Monounsaturated Fatty Acids	2.51	49	g
Polyunsaturated Fatty Acids	0.75	15	g
Total Unsaturated Fat	3.26	64	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.7	14	g
Sum of Omega-9 (n-9)	2.29	45	g
Calcium	12	229	mg
Iron	0.49	10	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	14	275	mg
Phosphorus	82	1610	mg
Potassium	196	3840	mg
Sodium	666	13100	mg
Chloride	11	218	mg
Zinc	1.05	21	mg
Copper	0.100	2	mg
Manganese	0.170	3	mg
Selenium	-	-	µg
Iodine	74	1451	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	0.6	12	mg
Vitamin K	12.6	248	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.09	2	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.5	29	mg
Vitamin B5	2.1	42	mg
Vitamin B6	0.09	2	mg
Vitamin B7 (Biotin)	2.0	39	µg
Vitamin B9 (Folic Acid)	51	1000	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Northern Borders



Al-Tashreebah with meat		228
Al-Tashreebah with chicken		230
Lakhoufah/Lakheefah/ Meat Luqaimi		232
Masali Bread		234
Al-Mulayhiya		236

Recipe Name

Al-Tashreebah with Meat

Approximately 4 adults

Al-Tashreebah Ingredients	Quantity
Lamb with fat and bone, cut into medium pieces	480 g
Salt	8 g
Dried black lime	1 piece
Ground turmeric	2 g
Hot water	1.6 L
Onion, chopped	48 g
Ground black pepper	1 g
Cinnamon sticks	6 g
Oil	40 ml
Ready-made flatbread (Saj bread)	320 g

Khubz Al-Shurak (flatbread) Ingredient	Quantity
Whole wheat flour	320 g
Water	280 ml
Salt	3 g

Preparation Method

Khubz Al-Shurak Preparation:

1. In a deep bowl, combine the flour and salt, then gradually add the water while kneading by hand for about 2 minutes until the dough becomes firm. Cover and let it rest for 30 minutes.
2. Dust a flat tray with flour and shape the dough into small balls by hand.
3. Sprinkle flour on a clean surface and flatten each ball by hand, then roll it out with a rolling pin and stretch it gently between your palms until it becomes a thin circular sheet. Cook each sheet on a preheated griddle (Saj) for about 2 minutes, flipping every 30 seconds. Repeat until all the dough is used.
4. Place the baked bread in a deep bowl, cover with a cloth, and set aside.

Al-Tashreebah Preparation:

1. In a pressure cooker, heat the oil over medium heat, then add the onion and sauté for 3 minutes until lightly golden.
2. Add the lamb and sauté for 1 minute, then add the cinnamon sticks, dried black lime, black pepper, turmeric, and salt. Stir well to combine.
3. Pour in the water, cover tightly, and cook over high heat for 10 minutes. Reduce the heat to medium and continue cooking for 30 minutes until the lamb is tender.
4. Cut the Saj bread into medium pieces and place them in a deep bowl. Pour the lamb broth over the bread and stir gently to mix.
5. Serve the Tashreebah warm in a deep serving dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	445	10100	kJ
Energy (kcal)	106	2420	kcal
Moisture Content	75.6	1720	g
Total Protein	4.7	106	g
Total Nitrogen	0.7	17	g
Total Fat	4.5	102	g
Available Carbohydrates	9.33	212	g
Total Carbohydrates	14.3	326	g
Total sugars	1.3	30	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	5.1	117	g
Soluble Fibre	0.2	5	g
Insoluble Fibre	4.9	112	g
Ash Content	0.8	18	g
Cholesterol	15.3	349	mg
Saturated Fatty Acids	1.44	33	g
Monounsaturated Fatty Acids	1.74	40	g
Polyunsaturated Fatty Acids	1.15	26	g
Total Unsaturated Fat	2.89	66	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	1.12	25	g
Sum of Omega-9 (n-9)	1.69	38	g
Calcium	19	434	mg
Iron	0.72	16	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	31	704	mg
Phosphorus	85	1930	mg
Potassium	169	3840	mg
Sodium	197	4470	mg
Chloride	3	59	mg
Zinc	1.32	30	mg
Copper	0.117	3	mg
Manganese	0.370	8	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	1.4	33	µg
Vitamin E (as a-Tocopherol)	0.7	16	mg
Vitamin K	1.7	38	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.9	43	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.7	61	µg
Vitamin B9 (Folic Acid)	35	796	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Al-Tashreebah with chicken

Approximately 4 adults

Al-Tashreebah Ingredients	
Chicken, cut into medium pieces	480 g
Salt	8 g
Dried black lime	1 piece
Ground turmeric	2 g
Hot water	1.6 L
Onion, chopped	48 g
Ground black pepper	1 g
Cinnamon sticks	6 g
Oil	40 ml
Ready-made flatbread (Saj bread)	320 g

Khubz Al-Shurak (flatbread) Ingredient	Quantity
Whole wheat flour	320 g
Water	252 ml
Salt	3 g

Preparation Method

Khubz Al-Shurak Preparation:

1. In a deep bowl, combine the flour and salt, then gradually add the water while kneading by hand for about 2 minutes until the dough becomes firm. Cover and let it rest for 30 minutes.
2. Dust a flat tray with flour and shape the dough into small balls by hand.
3. Sprinkle flour on a clean surface and flatten each ball by hand, then roll it out with a rolling pin and stretch it gently between your palms until it becomes a thin circular sheet. Cook each sheet on a preheated griddle (Saj) for about 2 minutes, flipping every 30 seconds. Repeat until all the dough is used.
4. Place the baked bread in a deep bowl, cover with a cloth, and set aside.

Al-Tashreebah Preparation:

1. In a pressure cooker, heat the oil over medium heat, then add the onion and sauté for 3 minutes until lightly golden.
2. Add the chicken and sauté for a minute, then add the cinnamon sticks, dried black lime, black pepper, turmeric, and salt. Stir well to combine.
3. Pour in the water, cover tightly, and cook over high heat for 10 minutes. Reduce the heat to medium and continue cooking for 30 minutes until the lamb is tender.
4. Cut the Saj bread into medium pieces and place them in a deep bowl. Pour the chicken broth over the bread and stir gently to mix.
5. Serve the Tashreebah warm in a deep serving dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	402	8860	kJ
Energy (kcal)	96	2120	kcal
Moisture Content	76.6	1690	g
Total Protein	5.9	131	g
Total Nitrogen	0.9	21	g
Total Fat	3.1	68	g
Available Carbohydrates	8.67	191	g
Total Carbohydrates	13.3	294	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	4.9	109	g
Soluble Fibre	0.5	10	g
Insoluble Fibre	4.5	98	g
Ash Content	0.7	16	g
Cholesterol	13.0	286	mg
Saturated Fatty Acids	0.55	12	g
Monounsaturated Fatty Acids	1.12	25	g
Polyunsaturated Fatty Acids	1.4	31	g
Total Unsaturated Fat	2.52	55	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	1.36	30	g
Sum of Omega-9 (n-9	1.02	22	g
Calcium	17	376	mg
Iron	0.73	16	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	35	765	mg
Phosphorus	110	2430	mg
Potassium	200	4410	mg
Sodium	213	4680	mg
Chloride	3	63	mg
Zinc	0.92	20	mg
Copper	0.113	2	mg
Manganese	0.383	8	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	0.7	15	mg
Vitamin K	6.0	132	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.5	33	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	7.0	154	µg
Vitamin B9 (Folic Acid)	69	1512	µg
Vitamin B12 (Cyanocobalamin)	1.0	21	µg

Recipe Name

Lakhoufah/Lakheefah/Meat Luqaimi

Approximately 4 adults

Meat Preparation Ingredients	Quantity
Lamb with bone, cut into medium pieces	500 g
Onion, cut into large pieces	110 g
Salt for cooking meat	10 g
Water for cooking meat	1.3 L
Cardamom pods	0.5 g
Ground black pepper	0.5 g
Cloves (whole)	0.5 g
Dried turmeric	0.5 g
Dried coriander	0.5 g
Cinnamon sticks	0.5 g
Ground turmeric	2 g
Ground dried coriander	2 g
Ground black pepper	2 g
Ground cardamom	2 g
Ground cinnamon	2 g
Ground cloves	2 g

Rice Preparation Ingredients	Quantity
Egyptian rice	250 g
Salt	5 g
Water for cooking rice	1 L

Preparation Method

Meat Preparation:

1. Place the lamb and onion in a medium pot over medium heat.
2. Add the ground spices (turmeric, cardamom, black pepper, cloves, cinnamon, dried coriander) and the whole spices (turmeric, cardamom, black pepper, cloves, cinnamon sticks, dried coriander), then stir well to combine.
3. Stir the meat continuously with a spoon for about 5 minutes until it absorbs the flavors of the onion and black pepper.
4. Pour in the cooking water, cover the pot, and cook over medium heat for an hour until the meat is tender.

Rice Preparation:

1. Wash the rice three times in a deep bowl, then drain well.
2. In a small pot, combine the water and salt, and bring to a boil over high heat.
3. Add the rice, cover, and let it boil. Stir occasionally while gently mashing the grains, and cook for about 15 minutes until done.

Lakhoufah/Lakheefah/Meat Luqaimi Preparation:

1. Place the cooked rice in a clay pot, then arrange the cooked meat on top and pour the meat broth over it until the rice absorbs the flavor.
2. Serve hot in the same clay pot.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	343	8090	kJ
Energy (kcal)	82	1930	kcal
Moisture Content	81.9	1930	g
Total Protein	3.8	90	g
Total Nitrogen	0.6	14	g
Total Fat	3.0	70	g
Available Carbohydrates	9.33	220	g
Total Carbohydrates	10.3	244	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	1.2	29	g
Soluble Fibre	0.6	13	g
Insoluble Fibre	0.7	16	g
Ash Content	0.8	18	g
Cholesterol	11.0	259	mg
Saturated Fatty Acids	1.55	36	g
Monounsaturated Fatty Acids	1.08	26	g
Polyunsaturated Fatty Acids	0.23	5	g
Total Unsaturated Fat	1.31	31	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.2	5	g
Sum of Omega-9 (n-9)	1.03	24	g
Calcium	5	108	mg
Iron	0.60	14	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	8	179	mg
Phosphorus	40	949	mg
Potassium	119	2800	mg
Sodium	229	5400	mg
Chloride	4	91	mg
Zinc	1.02	24	mg
Copper	0.083	2	mg
Manganese	0.177	4	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	1.0	24	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.2	28	mg
Vitamin B5	0.25	6	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	4.0	94	µg
Vitamin B9 (Folic Acid)	51	1202	µg
Vitamin B12 (Cyanocobalamin)	2.0	47	µg

Recipe Name

Masali Bread

Approximately 4 adults

Ingredients	Quantity
Whole wheat flour	480 g
Water	580 ml
Salt	5 g

Preparation Method

1. In a deep bowl, combine the flour and salt, then gradually add the water while continuously kneading by hand for about 6 minutes until the dough becomes semi-liquid.
2. Cover the dough and let it rest in a dry place for 20 minutes.
3. Light the charcoal in a brazier until it turns into embers, then place a flat griddle on top and heat it for about 10 minutes.
4. Spread a portion of the dough evenly by hand over the entire hot griddle to form a medium-thick layer. Cook for about 4 minutes, or until the surface dries.
5. Flip the griddle so that the dough's surface faces the embers directly (without touching the charcoal pieces) and cook for about 2 minutes.
6. Once the bread is done, sprinkle a small amount of water on the back of the griddle to loosen it, then separate the bread gently using a sharp tool and transfer it to a serving plate.
7. Repeat the process until all the dough is used. The Masali Bread is ready to serve.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	777	6540	kJ
Energy (kcal)	186	1560	kcal
Moisture Content	49.8	419	g
Total Protein	8.9	75	g
Total Nitrogen	1.4	12	g
Total Fat	1.2	10	g
Available Carbohydrates	30.0	252	g
Total Carbohydrates	39.0	328	g
Total sugars	3.4	29	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	9.0	76	g
Soluble Fibre	1.2	10	g
Insoluble Fibre	7.8	65	g
Ash Content	1.0	9	g
Cholesterol	-	-	mg
Saturated Fatty Acids	0.23	2	g
Monounsaturated Fatty Acids	0.18	1	g
Polyunsaturated Fatty Acids	0.74	6	g
Total Unsaturated Fat	0.92	8	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.69	6	g
Sum of Omega-9 (n-9)	0.16	1	g
Calcium	32	268	mg
Iron	1.79	15	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	76	641	mg
Phosphorus	145	1220	mg
Potassium	310	2610	mg
Sodium	259	2180	mg
Chloride	4	30	mg
Zinc	1.54	13	mg
Copper	0.233	2	mg
Manganese	1.783	15	mg
Selenium	20	168	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.25	2	mg
Vitamin B2	0.70	6	mg
Vitamin B3 (Total)	1.2	10	mg
Vitamin B5	0.49	4	mg
Vitamin B6	0.30	3	mg
Vitamin B7 (Biotin)	4.0	34	µg
Vitamin B9 (Folic Acid)	51	429	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Al-Mulayhiya

Approximately 6 adults

Khubz Al-Shurak/Saj Bread Ingredients	Quantity
Whole wheat flour	160 g
Water	120 ml
Salt	2 g
Mrees (Jameed) Ingredients	**Quantity**
Mrees (Baql), cut into small pieces	184 g
Hot water (for soaking Mrees)	240 ml
Garnish Ingredients	**Quantity**
Sheep ghee	16 g
Almond slices	10 g
Pine nuts	12 g
Cashew nuts	16 g
Peeled almonds, finely chopped	12 g

Al-Mulayhiya Ingredients	Quantity
Lamb with bone and fat, cut into medium pieces	2 kg
Salt (for rice)	6 g
Onion, diced (medium size)	200 g
Ground black pepper	3 g
Ground dried coriander	4 g
Bay leaves	2 g
Lukewarm water (for cooking meat)	4 L
Khubz Al-Shurak/Saj bread, prepared in advance	280 g
Short-grain rice, washed and soaked for 30 minutes	600 g
Sheep ghee (for rice)	22 g
Ground turmeric	2 g
Ground cumin	1 g
Salt (for meat)	10 g
Jameed	300 ml
Boiling water (for rice)	800 ml

Preparation Method

Khubz Al-Shurak/Saj Bread Preparation:

1. In a deep bowl, combine the flour and salt, then gradually add the water while kneading by hand for about 2 minutes until the dough becomes firm. Cover and let rest for 30 minutes.
2. Dust a flat tray with flour, shape the dough into small balls by hand, and place them on the tray.
3. Sprinkle flour on a clean surface and flatten each ball by hand, then roll it out with a rolling pin and stretch it gently between your palms until it becomes a thin circular sheet. Cook each sheet on a preheated griddle (Saj) for about 2 minutes, flipping every 30 seconds. Repeat until all the dough is used.
4. Place the baked bread in a deep bowl, cover with a cloth, and set aside.

Preparation Method

Mrees (Jameed) Preparation:

1. In a deep bowl, pour the hot water and add the Mrees pieces. Let soak for 45 minutes.
2. Transfer to a blender and blend until thick. The mixture is now ready to use.

Garnish Preparation:

1. In a frying pan, melt the ghee, then add the sliced almonds, chopped almonds, cashews, and pine nuts. Stir continuously over low heat for about a minute.
2. Increase the heat to medium and stir for about 4 minutes until the nuts turn golden brown.

Rice Preparation:

1. In a deep pot, add the rice and cover with water. Add the salt and bring to a boil over high heat.
2. Once boiling, reduce the heat and simmer gently for 10 minutes until nearly done. Add the ghee on top to prevent sticking and continue cooking until tender.

Meat Preparation:

1. In a large pot over high heat, add the meat and boiling water. Cook for about 15 minutes until white foam appears on the surface.
2. Remove the foam and discard it.
3. In another bowl, mix the onion with cumin, black pepper, coriander, salt, and turmeric. Rub the mixture by hand for about 4 minutes until well combined.
4. Add the onion and spice mixture to the pot of meat, cover, and cook over medium heat for an hour and 15 minutes until the meat is tender.

Al-Mulayhiya Preparation:

1. Strain the meat broth into another pot over medium heat. Gradually add the Mrees while stirring continuously until it thickens and starts to boil (about 10 minutes).
2. Add the cooked meat and simmer on low heat for an additional 10 minutes. The Al-Mulayhiya mixture is now ready.

Serving Al-Mulayhiya:

1. Line a large serving platter with Khubz Al-Shurak/Saj bread to cover the base.
2. Place the rice on top of the bread, then arrange the meat pieces over the rice.
3. Pour about 0.5 L of the meat broth mixed with Mrees over the ingredients to allow them to absorb the flavors.
4. Sprinkle the fried nuts evenly on top.
5. Cover the dish with another layer of Khubz Al-Shurak and serve hot.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	644	25500	kJ
Energy (kcal)	154	6090	kcal
Moisture Content	66.5	2630	g
Total Protein	9.2	364	g
Total Nitrogen	1.5	58	g
Total Fat	7.4	294	g
Available Carbohydrates	9.33	369	g
Total Carbohydrates	16.0	632	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	6.7	266	g
Soluble Fibre	0.3	12	g
Insoluble Fibre	6.4	254	g
Ash Content	0.7	30	g
Cholesterol	33.0	1304	mg
Saturated Fatty Acids	3.12	123	g
Monounsaturated Fatty Acids	3.32	131	g
Polyunsaturated Fatty Acids	0.64	25	g
Total Unsaturated Fat	3.96	157	g
Trans-Fat (TFA)	0.35	14	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.6	24	g
Sum of Omega-9 (n-9)	3.18	126	g
Calcium	17	684	mg
Iron	0.88	35	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	21	827	mg
Phosphorus	85	3370	mg
Potassium	133	5270	mg
Sodium	244	9630	mg
Chloride	3.00	118	mg
Zinc	1.60	63	mg
Copper	0.120	5	mg
Manganese	0.237	9	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	1.7	66	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	0.40	16	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	5.0	198	µg
Vitamin B9 (Folic Acid)	43	1712	µg
Vitamin B12 (Cyanocobalamin)	1.0	40	µg

Al Jawf

Athan Al-Shayeb 242

Faqa' Hamsa (desert truffle) 256

Al-Bukayla 245

Samh bread 258

Tatmaj/Muthagala 247

Shurak bread 260

Al-Jabreg 249

Date and Samh Ghamoos 262

Hamees (Meat Hamees) 252

Mashed Dried Yogurt Iqt 264

Fateet 254

Salted Mashed Citron (Trunj) 266

Recipe Name

Athan Al-Shayeb

Approximately 4 adults

Dough Ingredients	Quantity
Whole wheat flour	480 g
Salt	4 g
Water	400 ml

Tashah (Sauté) Ingredients	Quantity
Garlic, finely chopped	24 g
Sheep ghee	24 g

Mrees (Jameed) Ingredients	Quantity
Mrees (Baql)	188 g
Hot water (for soaking Mrees)	320 ml
Fresh sheep milk	1440 ml

Filling Ingredients	Quantity
Ground lamb meat	360 g
Salt (for filling)	8 g
Onion, finely chopped	104 g
Ground black pepper	4 g
Mixed spices	4 g
Ground dried coriander	4 g
Ground turmeric	4 g
Cooking oil	16 ml
Sheep ghee	10 g
Garlic, finely chopped	16 g

Preparation Method

Filling Preparation:

1. Place a pan over medium heat, then add the cooking oil, sheep ghee, and onion. Sauté for about a minute.
2. Add the garlic, ground lamb, black pepper, mixed spices, dried coriander, turmeric, and salt. Stir for about 3 minutes until well combined.
3. Reduce the heat to low, cover the pan, and cook for 10 minutes until the filling is done.
4. a sharp tool and transfer it to a serving plate.

Dough Preparation:

1. In a deep bowl, combine the flour, salt, and water gradually. Knead by hand for about 8 minutes until the dough becomes smooth and firm. Let it rest for 20 minutes.
2. Lightly flour a clean surface, then roll out the dough by hand and with a rolling pin until it forms a thin circular sheet.
3. Using a glass cup (about 5 cm in diameter) lightly dusted with flour, cut the dough into small circles. Place the circles on a floured plate and repeat until all the dough is used.

Preparation Method

Stuffed Dough Preparation:

1. Place a spoonful of the filling in the center of each dough circle, then fold the edges to form a half-moon shape.
2. Pinch one edge over your index finger to seal, creating a hollow cylindrical shape of medium size.
3. Arrange the stuffed pieces on a flat plate until all are shaped.

Mrees (Jameed) Preparation:

1. Place the Mrees pieces in a bowl with hot water and let soak for about 20 minutes until soft.
2. Blend the mixture in an electric blender for about 4 minutes until it becomes a thick, smooth liquid without lumps.

Tashah (Sauté) Preparation:

1. In a skillet over medium heat, melt the sheep ghee for about 2 minutes until hot.
2. Add the garlic and stir for about a minute until it turns golden.

Athan Al-Shayeb Preparation:

1. In a pressure cooker over medium heat, pour in the fresh milk, then add the prepared Mrees while stirring constantly to prevent curdling. Continue stirring for about 12 minutes until the mixture boils.
2. Add the stuffed dough pieces to the pot while stirring gently, then cover and cook for 20 minutes until the dumplings are fully cooked.
3. Add the Tashah (sautéed garlic and ghee) to the pot, stir gently, and serve hot.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	588	16800	kJ
Energy (kcal)	140	4000	kcal
Moisture Content	65.7	1870	g
Total Protein	2.9	82	g
Total Nitrogen	0.4	12	g
Total Fat	4.6	130	g
Available Carbohydrates	19.0	542	g
Total Carbohydrates	25.3	722	g
Total sugars	1.2	33	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	6.2	176	g
Soluble Fibre	0.3	10	g
Insoluble Fibre	5.8	166	g
Ash Content	1.8	52	g
Cholesterol	15.7	447	mg
Saturated Fatty Acids	2.13	61	g
Monounsaturated Fatty Acids	1.4	40	g
Polyunsaturated Fatty Acids	0.9	26	g
Total Unsaturated Fat	2.31	66	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.86	25	g
Sum of Omega-9 (n-9)	1.32	38	g
Calcium	125	3550	mg
Iron	0.96	27	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	40	1150	mg
Phosphorus	187	5320	mg
Potassium	329	9380	mg
Sodium	225	6420	mg
Chloride	5	138	mg
Zinc	1.63	47	mg
Copper	0.113	3	mg
Manganese	0.560	16	mg
Selenium	-	-	µg
Iodine	25	713	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	1.1	32	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	2.1	61	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	6.3	181	µg
Vitamin B9 (Folic Acid)	56	1606	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Al-Bukayla

Approximately 4 adults

Ingredients	Quantity
Sheep ghee	53 g
Sheep ghee (for garnish)	6.6 g
Halwa Al-Jouf dates (pits removed)	533 g
Samh flour	87 g

Preparation Method

1. In a deep bowl, combine the dates and ghee, then knead by hand for about 2 minutes.
2. Gradually add the Samh flour while continuing to knead for about 4 minutes until the mixture is well blended and smooth.
3. Spread the Al-Bukayla on a flat plate in a circular shape and drizzle the top with ghee for garnish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1367	9240	kJ
Energy (kcal)	327	2210	kcal
Moisture Content	19.7	133	g
Total Protein	4.8	32	g
Total Nitrogen	0.8	5	g
Total Fat	5.5	37	g
Available Carbohydrates	59.3	401	g
Total Carbohydrates	68.7	464	g
Total sugars	46.6	315	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	9.2	62	g
Soluble Fibre	1.2	8	g
Insoluble Fibre	9.2	62	g
Ash Content	1.4	9	g
Cholesterol	20.3	137	mg
Saturated Fatty Acids	3.6	24	g
Monounsaturated Fatty Acids	1.27	9	g
Polyunsaturated Fatty Acids	0.47	3	g
Total Unsaturated Fat	1.74	12	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.42	3	g
Sum of Omega-9 (n-9)	1.16	8	g
Calcium	39	264	mg
Iron	1.44	10	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	70	470	mg
Phosphorus	82	554	mg
Potassium	495	3350	mg
Sodium	12	79	mg
Chloride	2	12	mg
Zinc	1.13	8	mg
Copper	0.337	2	mg
Manganese	1.49	10	mg
Selenium	20	135	µg
Iodine	16	110	µg
Vitamin A (as Retinol)	42.7	288	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	1.6	11	mg
Vitamin K	2.7	18	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.07	0	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	2.5	17	mg
Vitamin B6	0.09	1	mg
Vitamin B7 (Biotin)	4.0	27	µg
Vitamin B9 (Folic Acid)	360	2434	µg
Vitamin B12 (Cyanocobalamin)	1.0	7	µg

Recipe Name

Tatmaj/Muthagala

Approximately 6 adults

Tatmaj Ingredients	Quantity
Boneless lamb with fat, cut into medium pieces	400 g
Black-eyed peas, soaked for 30 minutes	480 g
Ground turmeric	3 g
Ground black pepper	2 g
Salt	14 g
Hot water	4 L
Cracked wheat (Jareesh), washed	544 g
Samh flour	72 g
Ground dried coriander	3 g
Ground cinnamon	2 g
Sheep ghee	56 g

Kashnah (Masmanah) Ingredients	Quantity
Onion, sliced (medium)	240 g
Cooking oil	104 ml
Ground black pepper	2 g
Ground dried lime	4 g
Ground cinnamon	2 g
Ground cumin	4 g

Preparation Method

Tatmaj Preparation:

1. In a large deep pot over high heat, add the cracked wheat (Jareesh) and lamb, then pour in the water. Cover and cook for about 10 minutes until white foam appears on the surface.
2. Remove the foam, cover again, and simmer over low heat for 30 minutes.
3. Add the soaked black-eyed peas, then stir in the cinnamon, salt, turmeric, dried coriander, and black pepper. Mix well to combine, cover, and cook on low heat for 1 hour and 50 minutes.
4. Gradually add the Samh flour while stirring until fully blended, then add the ghee, stir lightly, and cook for about 5 minutes.

Kashnah (Masmanah) Preparation:

1. In a frying pan over high heat, add the oil, then the onions. Stir continuously for about 15 minutes until golden.
2. Add the black pepper, cumin, dried lime, and cinnamon, and stir briefly until the mixture is well combined. The Kashnah is ready to use.

Serving:

Serve the Tatmaj in a flat dish and spread the Kashnah evenly over the top.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	587	26900	kJ
Energy (kcal)	140	6410	kcal
Moisture Content	70.6	3230	g
Total Protein	5.2	237	g
Total Nitrogen	0.8	37	g
Total Fat	7.4	337	g
Available Carbohydrates	10.7	489	g
Total Carbohydrates	16.0	733	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	5.6	254	g
Soluble Fibre	-	-	g
Insoluble Fibre	6.2	282	g
Ash Content	0.6	25	g
Cholesterol	14.7	672	mg
Saturated Fatty Acids	3.05	140	g
Monounsaturated Fatty Acids	2.54	116	g
Polyunsaturated Fatty Acids	1.5	69	g
Total Unsaturated Fat	4.04	185	g
Trans-Fat (TFA)	0.26	12	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	1.44	66	g
Sum of Omega-9 (n-9)	2.42	111	g
Calcium	17	762	mg
Iron	1.10	51	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	25	1160	mg
Phosphorus	72	3320	mg
Potassium	186	8540	mg
Sodium	122	5590	mg
Chloride	1	49	mg
Zinc	0.96	44	mg
Copper	0.16	7	mg
Manganese	0.437	20	mg
Selenium	-	-	µg
Iodine	49	2245	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	1.5	70	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.06	3	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	0.56	25	mg
Vitamin B5	0.87	40	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	6.0	275	µg
Vitamin B9 (Folic Acid)	24	1115	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Al-Jabreg

Approximately 4 adults

Meat Broth Ingredients	Quantity
Lamb with bone and fat	400 g
Water	1 L
Ground turmeric	2 g
Ground cumin	2 g
Tomato paste	90 g
Salt	3 g
Onion, finely chopped	43 g
Ground dried coriander	2 g
Ground black pepper	2 g
Cooking oil	23 ml

Al-Jabreg Ingredients	Quantity
Grape leaves	233 g
Garlic, finely chopped	13 g
Green chili pepper	33 g
Meat broth (reserved from cooked lamb)	600 ml
Tomato, halved into rings	133 g
Onion, large pieces	40 g
Olive oil	20 ml
Water	267 ml

Filling Ingredients	Quantity
Ground lamb	100 g
Ground dried coriander	3 g
Salt	5 g
Onion, finely chopped	43 g
Short-grain rice, washed and soaked for 15 minutes	420 g
Ground cumin	3 g
Ground black pepper	3 g
Tomato, finely chopped	213 g
Cooking oil	30 ml
Ground turmeric	3 g

Preparation Method

Meat Broth Preparation:

1. In a pressure cooker over high heat, add the cooking oil and onion and sauté for about 3 minutes until softened.
2. Add the lamb, black pepper, coriander, cumin, turmeric, and salt. Stir for about a minute to mix well.
3. Add the water and tomato paste, stir slightly, then close the pressure cooker. Cook for 5 minutes over high heat, then reduce to medium and continue for 35 minutes until the meat is tender.

Filling Preparation:

1. In a deep pot, add the onion and oil and sauté over medium heat for about 3 minutes until translucent.
2. Add the ground lamb and stir for a minute.
3. Add the tomato, black pepper, coriander, turmeric, cumin, and salt. Stir until combined.
4. Add the rice and stir for about 2 minutes until mixed well. Transfer the mixture to a flat plate and let it cool for about 3 minutes.

Al-Jabreg Preparation:

1. Lay the grape leaves flat on a clean surface with the rough side facing up and the smooth side down. Place about half a spoonful of the filling in the center of each leaf. Fold the sides inward over the filling, then roll tightly from the bottom to the top to form a small cylinder. Repeat until all filling is used.
2. In a pot, add the olive oil, onion, tomato slices, and garlic, then layer the cooked lamb pieces on top.
3. Arrange the stuffed grape leaves evenly over the meat, then place the green chili peppers on top.
4. Place a small metal plate or an inner lid over the grape leaves, leaving the edges slightly open. Pour the meat broth and water along the sides. Cover the pot and simmer over low heat for about 1 hour until cooked.
5. Transfer to a flat serving dish and serve hot.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	523	8780	kJ
Energy (kcal)	125	2090	kcal
Moisture Content	72.6	1220	g
Total Protein	6.2	104	g
Total Nitrogen	1.0	17	g
Total Fat	6.3	107	g
Available Carbohydrates	8.0	134	g
Total Carbohydrates	14.0	235	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	5.7	96	g
Soluble Fibre	0.2	3	g
Insoluble Fibre	5.6	94	g
Ash Content	1.1	18	g
Cholesterol	18.0	302	mg
Saturated Fatty Acids	2.17	36	g
Monounsaturated Fatty Acids	2.71	46	g
Polyunsaturated Fatty Acids	1.31	22	g
Total Unsaturated Fat	4.03	68	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	0.1	2	g
Sum of Omega-6 (n-6)	1.21	20	g
Sum of Omega-9 (n-9)	2.57	43	g
Calcium	56	947	mg
Iron	0.83	14	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	11	191	mg
Phosphorus	54	904	mg
Potassium	188	3150	mg
Sodium	227	3810	mg
Chloride	4	59	mg
Zinc	0.69	12	mg
Copper	0.107	2	mg
Manganese	-	-	mg
Selenium	-	-	µg
Iodine	277	4658	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	1267	21276	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	2.0	34	mg
Vitamin K	37	628	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.0	17	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	4.7	78	µg
Vitamin B9 (Folic Acid)	58	969	µg
Vitamin B12 (Cyanocobalamin)	1.0	17	µg

Recipe Name

Hamees (Meat Hamees)

Approximately 4 adults

Ingredients	Quantity
Lamb with fat, boneless, cut into small pieces	560 g
Onion, finely chopped	160 g
Salt	8 g
Ground black pepper	2 g
Ground cumin	2 g
Ground dried coriander	3 g
Ground turmeric	5 g
Hot water	800 ml

Preparation Method

1. Place the lamb and water in a pressure cooker, stir lightly, close the lid, and cook over high heat for 30 minutes.
2. Open the cooker and add the coriander, cumin, black pepper, turmeric, salt, and onion. Stir continuously every 5 minutes for about 30 minutes over high heat until the water evaporates.
3. Serve the Hamees hot.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	710	5180	kJ
Energy (kcal)	170	1240	kcal
Moisture Content	72.7	530	g
Total Protein	9.6	70	g
Total Nitrogen	1.5	11	g
Total Fat	13.7	100	g
Available Carbohydrates	2.0	15	g
Total Carbohydrates	3.33	24	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	1.5	11	g
Soluble Fibre	-	-	g
Insoluble Fibre	1.5	11	g
Ash Content	0.8	6	g
Cholesterol	41.3	301	mg
Saturated Fatty Acids	6.47	47	g
Monounsaturated Fatty Acids	6.16	45	g
Polyunsaturated Fatty Acids	0.54	4	g
Total Unsaturated Fat	6.7	49	g
Trans-Fat (TFA)	0.49	4	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.48	3	g
Sum of Omega-9 (n-9)	5.78	42	g
Calcium	17	125	mg
Iron	0.81	6	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	12	90	mg
Phosphorus	87	637	mg
Potassium	188	1370	mg
Sodium	294	2140	mg
Chloride	5	40	mg
Zinc	1.16	8	mg
Copper	0.05	0	mg
Manganese	-	-	mg
Selenium	-	-	µg
Iodine	124	906	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	2.0	15	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.70	5	mg
Vitamin B2	0.14	1	mg
Vitamin B3 (Total)	2.0	14	mg
Vitamin B5	1.9	14	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	3.0	22	µg
Vitamin B9 (Folic Acid)	30	216	µg
Vitamin B12 (Cyanocobalamin)	1.0	7	µg

Recipe Name

Fateet

Approximately 4 adults

Fateet Ingredients	Quantity
Ready-made Jamri bread	1.2 kg
Date molasses	60 g
Hot water	513 ml
Sheep ghee	53 g

Jamri Bread Ingredients	Quantity
Whole wheat flour	1.7 kg
Water	1.5 L
Salt	24 g

Preparation Method

Jamri Bread Preparation:

1. In a deep bowl, mix the flour and salt, then gradually add water while kneading by hand for about 10 minutes until the dough becomes firm.
2. Cover the dough and let it rest for 20 minutes.
   minutes over high heat until the water evaporates.
3. Sprinkle a little flour on a flat surface, then flatten the dough by hand to a medium thickness.
4. Place the dough in a charcoal pit, then cover it with hot embers and surround the edges with sand. Move the embers occasionally to prevent burning.
5. Remove the embers, bury the dough in sand, then cover it again with embers. Leave it for 30 minutes.
6. Remove the embers, flip the dough to the other side, bury it again in sand, cover with embers, and leave for another 10 minutes.
7. Remove the sand and embers. The Jamri bread is now ready.

Fateet Preparation:

1. Break the Jamri bread into medium pieces and place them in a deep bowl.
2. Add the date molasses and ghee, then gradually pour in the hot water while kneading by hand for about 10 minutes until well combined.
3. The Fateet is ready to serve and can be drizzled with extra date molasses for garnish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	647	11200	kJ
Energy (kcal)	154	2660	kcal
Moisture Content	58.7	1010	g
Total Protein	6.0	104	g
Total Nitrogen	21.7	374	g
Total Fat	2.6	46	g
Available Carbohydrates	21.7	374	g
Total Carbohydrates	31.7	547	g
Total sugars	4.6	79	g
Added Sugar	3.5	60	g
Total Dietary Fibre	9.7	167	g
Soluble Fibre	1.1	19	g
Insoluble Fibre	8.6	148	g
Ash Content	1.2	21	g
Cholesterol	4.0	69	mg
Saturated Fatty Acids	1.56	27	g
Monounsaturated Fatty Acids	0.53	9	g
Polyunsaturated Fatty Acids	0.52	9	g
Total Unsaturated Fat	1.06	18	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.48	8	g
Sum of Omega-9 (n-9)	0.5	9	g
Calcium	27	474	mg
Iron	1.33	23	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	56	972	mg
Phosphorus	106	1820	mg
Potassium	270	4670	mg
Sodium	256	4410	mg
Chloride	4	63	mg
Zinc	1.03	18	mg
Copper	0.163	3	mg
Manganese	1.27	22	mg
Selenium	20	345	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	4.1	71	mg
Vitamin B5	0.30	5	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.7	46	µg
Vitamin B9 (Folic Acid)	43	748	µg
Vitamin B12 (Cyanocobalamin)	1.0	17	µg

Recipe Name

Faqa' Hamsa (Desert Truffle)

Approximately 4 adults

Ingredients	Quantity
Water	2.6 L
Sheep ghee	80 g
Salt	12 g
Desert truffle, cut into small pieces	240 g
Ground black pepper	4 g
Onion, finely chopped	280 g

Preparation Method

1. In a medium pressure cooker over medium heat, add the water, truffle, and half of the salt (6 g). Cook under pressure for 15 minutes, then drain the truffle from the water.
2. In a medium pot, melt the ghee and add the onion. Sauté for about 2 minutes until the onion softens.
3. Add the boiled truffle, remaining salt, and black pepper. Stir over low heat for about 2 minutes.
4. Serve the Faqa' Hamsa hot.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	721	3600	kJ
Energy (kcal)	172	858	kcal
Moisture Content	68.3	341	g
Total Protein	2.7	14	g
Total Nitrogen	0.4	2	g
Total Fat	13.4	67	g
Available Carbohydrates	7.67	38	g
Total Carbohydrates	13.7	68	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	6.6	33	g
Soluble Fibre	0.2	1	g
Insoluble Fibre	6.3	32	g
Ash Content	1.6	8	g
Cholesterol	39.0	195	mg
Saturated Fatty Acids	8.91	44	g
Monounsaturated Fatty Acids	2.97	15	g
Polyunsaturated Fatty Acids	0.96	5	g
Total Unsaturated Fat	3.93	20	g
Trans-Fat (TFA)	0.59	3	g
Sum of Omega-3 (n-3)	0.16	0.81	g
Sum of Omega-6 (n-6)	0.8	4	g
Sum of Omega-9 (n-9)	2.5	12	g
Calcium	26	129	mg
Iron	1.69	8	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	12	58	mg
Phosphorus	53	266	mg
Potassium	175	871	mg
Sodium	491	2450	mg
Chloride	8	38	mg
Zinc	0.47	2	mg
Copper	1.15	6	mg
Manganese	0.207	1	mg
Selenium	20	100	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	88	437	µg
Beta-carotene	-	-	µg
Vitamin D	6.6	33	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	3.1	15	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	0.96	5	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	4.7	23	µg
Vitamin B9 (Folic Acid)	84	417	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Samh Bread

Approximately 4 adults

Ingredients	Quantity
Samh flour	300 g
Salt	10 g
Whole wheat flour	400 g
Water	990 ml

Preparation Method

1. In a deep bowl, combine the whole wheat flour, Samh flour, and salt. Gradually add the water while kneading by hand until the dough becomes semi-liquid. Cover the bowl and let the batter rest for 20 minutes.
2. Preheat a griddle (Saj) over hot embers for about 10 minutes. Pour half of the mixture onto the hot surface and spread it thinly by hand into a circular shape.
3. Cook for about 4 minutes, then flip the griddle so that the top side of the bread faces the embers and cook for another 4 minutes.
4. Repeat the process with the remaining batter until all is used. The Samh Bread is now ready to serve.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	710	8510	kJ
Energy (kcal)	169	2030	kcal
Moisture Content	53.5	642	g
Total Protein	9.3	112	g
Total Nitrogen	1.5	18	g
Total Fat	1.5	17	g
Available Carbohydrates	25.0	300	g
Total Carbohydrates	34.0	407	g
Total sugars	3.4	41	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	8.8	105	g
Soluble Fibre	0.6	7	g
Insoluble Fibre	8.2	98	g
Ash Content	1.8	21	g
Cholesterol	-	-	mg
Saturated Fatty Acids	0.2	2	g
Monounsaturated Fatty Acids	0.34	4	g
Polyunsaturated Fatty Acids	0.91	11	g
Total Unsaturated Fat	1.25	15	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.87	10	g
Sum of Omega-9 (n-9)	0.32	4	g
Calcium	38	457	mg
Iron	2.79	33	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	100	1200	mg
Phosphorus	157	1890	mg
Potassium	294	3520	mg
Sodium	347	4150	mg
Chloride	3	38	mg
Zinc	1.47	18	mg
Copper	0.213	3	mg
Manganese	3.213	39	mg
Selenium	30	360	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	1.0	12	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	2.7	32	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	4.0	48	µg
Vitamin B9 (Folic Acid)	50	599	µg
Vitamin B12 (Cyanocobalamin)	2.0	24	µg

Recipe Name

Shurak Bread

Approximately 4 adults

Ingredients	Quantity
Whole wheat flour	667 g
Water	600 ml
Salt	8 g

Preparation Method

1. In a deep bowl, combine the flour and salt. Gradually add the water while kneading by hand for about 10 minutes until the dough becomes firm and smooth. Cover the bowl and let the dough rest for 5 minutes.
2. Fold the edges of the dough toward the center, then flip it over. Dust a flat tray with flour, divide the dough into four round portions, cover, and let rest for 15 minutes at room temperature.
3. Flatten each portion by hand on a floured surface, then stretch gently between your palms in the air until the dough becomes thin.
4. Bake each flattened dough on a preheated griddle for about 10 minutes over high heat. Cook one side for 5 seconds, flip, and continue turning every few seconds for about a minute until evenly baked. Repeat for the remaining portions.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1037	10500	kJ
Energy (kcal)	247	2500	kcal
Moisture Content	32.7	332	g
Total Protein	10.7	108	g
Total Nitrogen	1.7	17	g
Total Fat	1.2	12	g
Available Carbohydrates	42.3	429	g
Total Carbohydrates	54.0	548	g
Total sugars	2.6	26	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	11.5	116	g
Soluble Fibre	1.7	17	g
Insoluble Fibre	9.8	99	g
Ash Content	1.7	17	g
Cholesterol	-	-	mg
Saturated Fatty Acids	0.18	2	g
Monounsaturated Fatty Acids	0.19	2	g
Polyunsaturated Fatty Acids	0.78	8	g
Total Unsaturated Fat	0.97	10	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.72	7	g
Sum of Omega-9 (n-9)	0.19	2	g
Calcium	46	467	mg
Iron	2.28	23	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	118	1200	mg
Phosphorus	323	3280	mg
Potassium	389	3940	mg
Sodium	332	3370	mg
Chloride	5.49	56	mg
Zinc	4.96	50	mg
Copper	0.410	4	mg
Manganese	1.58	16	mg
Selenium	17	169	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	9.2	93	µg
Vitamin E (as a-Tocopherol)	0.5	5	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.3	13	mg
Vitamin B5	0.80	8	mg
Vitamin B6	0.40	4	mg
Vitamin B7 (Biotin)	3.0	30	µg
Vitamin B9 (Folic Acid)	70	713	µg
Vitamin B12 (Cyanocobalamin)	1.0	10	µg

Recipe Name

Date and Samh Ghamoos

Approximately 4 adults

Ingredients	Quantity
Khalas dates	333 g
Ground Samh seeds	20 g
Sheep ghee	20 ml

Preparation Method

1. Dip each date into the ghee, then coat it with ground Samh.
2. Arrange the coated dates on a flat serving plate. The Date and Samh Ghamoos is ready to serve.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1363	4410	kJ
Energy (kcal)	325	1050	kcal
Moisture Content	15.3	50	g
Total Protein	3.8	12	g
Total Nitrogen	0.6	2	g
Total Fat	2.5	8	g
Available Carbohydrates	65.7	212	g
Total Carbohydrates	77.0	249	g
Total sugars	56.5	183	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	11.3	37	g
Soluble Fibre	0.9	3	g
Insoluble Fibre	10.5	34	g
Ash Content	1.4	5	g
Cholesterol	7.33	24	mg
Saturated Fatty Acids	1.56	5	g
Monounsaturated Fatty Acids	0.56	2	g
Polyunsaturated Fatty Acids	0.24	1	g
Total Unsaturated Fat	0.8	3	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.22	1	g
Sum of Omega-9 (n-9)	0.5	2	g
Calcium	57	185	mg
Iron	1.41	5	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	72	232	mg
Phosphorus	76	244	mg
Potassium	542	1750	mg
Sodium	6	19	mg
Chloride	1	4	mg
Zinc	0.47	2	mg
Copper	0.313	1	mg
Manganese	0.833	3	mg
Selenium	-	-	µg
Iodine	98	316	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	1.1	4	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.20	1	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.00	3	mg
Vitamin B5	-	-	mg
Vitamin B6	0.40	1	mg
Vitamin B7 (Biotin)	2.0	6	µg
Vitamin B9 (Folic Acid)	57	184	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Mashed Dried Yogurt Iqt

Approximately 4 adults

Ingredients	Quantity
Dried yogurt (Iqt/Baqal), washed and soaked in hot water for 20 minutes	300 g
Hot water	600 ml

Preparation Method

1. In a deep bowl, gradually combine the dried yogurt with hot water and mash by hand for about 3 minutes until well mixed.
2. Strain the mixture through a fine sieve. The Mashed Dried Yogurt Iqt is ready to serve.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	485	3540	kJ
Energy (kcal)	116	847	kcal
Moisture Content	70.9	518	g
Total Protein	11.6	85	g
Total Nitrogen	1.9	14	g
Total Fat	2.0	14	g
Available Carbohydrates	9.33	68	g
Total Carbohydrates	12.7	93	g
Total sugars	8.2	60	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	-	-	g
Soluble Fibre	-	-	g
Insoluble Fibre	-	-	g
Ash Content	2.9	21	g
Cholesterol	16.0	117	mg
Saturated Fatty Acids	1.37	10	g
Monounsaturated Fatty Acids	0.46	3	g
Polyunsaturated Fatty Acids	-	-	g
Total Unsaturated Fat	0.46	3	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	-	-	g
Sum of Omega-9 (n-9)	0.43	3	g
Calcium	353	2580	mg
Iron	0.45	3	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	47	345	mg
Phosphorus	319	2330	mg
Potassium	486	3550	mg
Sodium	113	823	mg
Chloride	5.49	40	mg
Zinc	1.28	9	mg
Copper	0.04	0	mg
Manganese	-	-	mg
Selenium	13	97	µg
Iodine	297	2167	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	3.0	22	µg
Vitamin B9 (Folic Acid)	113	828	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Salted Mashed Citron (Trunj)

Approximately 4 adults

Ingredients	Quantity
Water	600 ml
Salt	16 g
Citron, peeled	600 g
Hot chili pepper	12 g

Preparation Method

1. Cut the peeled citron into slices, then into small cubes. Remove the seeds and place the pieces in a deep bowl. Deseed the chili peppers, chop them finely, and add them to the bowl.
2. Pour the water over the mixture, then add the salt. Mash the ingredients thoroughly by hand, focusing on the sour pulp, until well blended and softened. The Salted Mashed Citron is ready to serve.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	88	1040	kJ
Energy (kcal)	21	248	kcal
Moisture Content	93.8	1100	g
Total Protein	0.7	8	g
Total Nitrogen	0.1	1	g
Total Fat	0.4	5	g
Available Carbohydrates	3.33	39	g
Total Carbohydrates	4.0	47	g
Total sugars	0.0	0.0	g
Added Sugar	1.3	15	g
Total Dietary Fibre	0.8	9	g
Soluble Fibre	0.2	2	g
Insoluble Fibre	0.6	7	g
Ash Content	1.3	15	g
Cholesterol	-	-	mg
Saturated Fatty Acids	0.12	1	g
Monounsaturated Fatty Acids	0.11	1	g
Polyunsaturated Fatty Acids	0.21	2	g
Total Unsaturated Fat	0.32	4	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	0.10	1	g
Sum of Omega-6 (n-6)	0.11	1	g
Sum of Omega-9 (n-9)	0.11	1	g
Calcium	21	242	mg
Iron	-	-	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	4	50	mg
Phosphorus	8	91	mg
Potassium	107	1260	mg
Sodium	474	5580	mg
Chloride	9	106	mg
Zinc	0.03	0	mg
Copper	0.02	0	mg
Manganese	-	-	mg
Selenium	-	-	µg
Iodine	59	691	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	15.4	182	mg
Vitamin B1	0.40	5	mg
Vitamin B2	0.30	4	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.0	24	µg
Vitamin B9 (Folic Acid)	147	1726	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Jazan

Marsah 270

Guar Beans 278

Grilled watermelon 272

Lahouh 280

Meat Mahshoush/ Hamees 274

Meat Maghsh 282

Black-Eyed Pea Stew 276

Kan'ad Mkashan 284

Recipe Name

Marsah

Approximately 6 adults

Ingredients	Quantity
Oil	90 ml
Ghee (for garnish)	27 g
Honey (for garnish)	27 g
Water	560 ml
White flour	1.1 kg
Banana	520 g
Salt	14 g

Preparation Method

1. Preheat the Meefa oven (traditional clay oven) over a wood fire on very high heat for about an hour.
2. In a deep bowl, combine the flour, salt, and oil. Gradually add the water while kneading by hand for about 5 minutes until a firm dough forms.
3. Divide the dough into large oval-shaped balls, then stick them onto the inner wall of the Meefa oven and bake for about 11 minutes until cooked and the bread is formed.
4. In a deep bowl, mash the bananas by hand, then crumble the baked bread over them. Mix for about a minute until the ingredients are well blended.
5. Serve the Marsah in a deep dish and garnish with ghee and honey.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1050	22200	kJ
Energy (kcal)	251	5310	kcal
Moisture Content	40.2	849	g
Total Protein	5.8	123	g
Total Nitrogen	0.9	20	g
Total Fat	4.5	94	g
Available Carbohydrates	44.3	937	g
Total Carbohydrates	48.7	1030	g
Total sugars	3.8	80	g
Added Sugar	1.2	26	g
Total Dietary Fibre	4.1	86	g
Soluble Fibre	0.8	18	g
Insoluble Fibre	3.2	68	g
Ash Content	1.0	22	g
Cholesterol	-	-	mg
Saturated Fatty Acids	0.81	17	g
Monounsaturated Fatty Acids	1.23	26	g
Polyunsaturated Fatty Acids	2.37	50	g
Total Unsaturated Fat	3.6	76	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	2.35	50	g
Sum of Omega-9 (n-9)	1.21	26	g
Calcium	13	268	mg
Iron	0.41	9	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	20	414	mg
Phosphorus	32	685	mg
Potassium	211	4450	mg
Sodium	236	4980	mg
Chloride	4	82	mg
Zinc	0.29	6	mg
Copper	0.140	3	mg
Manganese	0.217	5	mg
Selenium	-	-	µg
Iodine	27	571	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	4.2	88	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	4.3	92	µg
Vitamin B9 (Folic Acid)	54	1148	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Grilled Watermelon

Approximately 4 adults

Ingredients	Quantity
Ground cumin	12 g
Salt	10 g
Ghee	80 g
Small watermelon	2 kg
Onion, finely chopped	140 g
Ground black pepper	2 g

Preparation Method

1. Preheat the Meefa oven (traditional clay oven) over a wood fire on very high heat for about an hour.
2. Place the whole watermelon inside the Meefa oven and roast for about 1 hour and 40 minutes. Remove it and let it cool for 20 minutes, then cut it into medium-sized cubes.
3. In a medium pot, melt the ghee and add the onion. Sauté over medium heat for about 6 minutes until golden.
4. Add the watermelon cubes, salt, black pepper, and cumin, and stir for about 20 minutes until well cooked and the flavors combine.
5. Serve the Grilled Watermelon hot in a deep serving dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	231	4190	kJ
Energy (kcal)	55	1000	kcal
Moisture Content	87.4	1580	g
Total Protein	0.8	15	g
Total Nitrogen	0.1	2	g
Total Fat	2.8	51	g
Available Carbohydrates	5.0	91	g
Total Carbohydrates	8.67	157	g
Total sugars	2.6	48	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	3.8	70	g
Soluble Fibre	0.3	6	g
Insoluble Fibre	3.5	63	g
Ash Content	0.3	5	g
Cholesterol	10.7	193	mg
Saturated Fatty Acids	1.77	32	g
Monounsaturated Fatty Acids	0.75	14	g
Polyunsaturated Fatty Acids	0.2	4	g
Total Unsaturated Fat	0.96	17	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.14	3	g
Sum of Omega-9 (n-9)	0.7	13	g
Calcium	40	724	mg
Iron	0.68	12	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	25	450	mg
Phosphorus	30	548	mg
Potassium	320	5800	mg
Sodium	222	4030	mg
Chloride	4	81	mg
Zinc	0.16	3	mg
Copper	0.077	1	mg
Manganese	0.163	3	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	12	218	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	2.7	49	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	3.0	54	µg
Vitamin B9 (Folic Acid)	59	1070	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Meat Mahshoush / Hamees

Approximately 6 adults

Ingredients	Quantity
Salt	12 g
Ground cardamom	12 g
Ground cinnamon	6 g
Cinnamon sticks	8 g
Boneless lamb, cut into small cubes	2 kg
Sheep tail fat (līyah), cut into small cubes	1 kg
Ground black pepper	10 g

Preparation Method

1. Place the sheep tail fat in a medium-sized pot over medium heat and cook for about 8 minutes until the fat melts. Reduce the heat to low and continue cooking for another 3 minutes.
2. Add the lamb to the pot, increase the heat to medium, cover, and cook for 3 minutes.
3. Uncover the pot, reduce the heat to low, and continue cooking for about 50 minutes until the meat becomes tender.
4. Add the salt, black pepper, ground cinnamon, cinnamon sticks, and cardamom. Stir and cook for an additional 20 minutes until well combined and fragrant.
5. Serve the Meat Mahshoush (Hamees) hot in a shallow serving dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	2260	48100	kJ
Energy (kcal)	540	11500	kcal
Moisture Content	23.4	498	g
Total Protein	17.2	367	g
Total Nitrogen	2.7	58	g
Total Fat	49.7	1060	g
Available Carbohydrates	7.33	156	g
Total Carbohydrates	8.33	177	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	1.0	21	g
Soluble Fibre	0.2	4	g
Insoluble Fibre	0.8	17	g
Ash Content	1.5	32	g
Cholesterol	59.3	1262	mg
Saturated Fatty Acids	24.0	511	g
Monounsaturated Fatty Acids	21.3	453	g
Polyunsaturated Fatty Acids	1.92	41	g
Total Unsaturated Fat	23.2	494	g
Trans-Fat (TFA)	2.45	52	g
Sum of Omega-3 (n-3)	0.34	7	g
Sum of Omega-6 (n-6)	1.58	34	g
Sum of Omega-9 (n-9)	19.9	424	g
Calcium	20	419	mg
Iron	1.25	27	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	22	462	mg
Phosphorus	167	3550	mg
Potassium	279	5930	mg
Sodium	246	5230	mg
Chloride	4	88	mg
Zinc	2.54	54	mg
Copper	0.093	2	mg
Manganese	0.223	5	mg
Selenium	-	-	µg
Iodine	190	4049	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	3.0	65	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	5.4	115	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.0	43	µg
Vitamin B9 (Folic Acid)	97	2064	µg
Vitamin B12 (Cyanocobalamin)	1.0	21	µg

Recipe Name

Black-Eyed Pea Stew

Approximately 4 adults

Ingredients	Quantity
Boiled black-eyed peas	40 g
Green chili pepper	6 g
Onion, finely chopped	60 g
Salt	2 g
Water	20 ml
Sesame oil	10 ml
Minced garlic	6 g

Preparation Method

1. In a blender, combine the boiled black-eyed peas, garlic, green chili pepper, salt, and water. Blend for about a minute until smooth and homogeneous.
2. In a small pot over medium heat, add the onion and sesame oil. Sauté for about 10 minutes until the onion turns golden.
3. Add the blended mixture to the pot and stir for about a minute until well combined.
4. Once cooked, serve the Black-Eyed Pea Stew hot in a deep serving dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	532	665	kJ
Energy (kcal)	127	159	kcal
Moisture Content	68.8	86	g
Total Protein	3.5	4	g
Total Nitrogen	0.6	1	g
Total Fat	5.4	7	g
Available Carbohydrates	12.7	16	g
Total Carbohydrates	20.0	25	g
Total sugars	2.6	3	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	7.1	9	g
Soluble Fibre	0.6	1	g
Insoluble Fibre	6.5	8	g
Ash Content	2.4	3	g
Cholesterol	-	-	mg
Saturated Fatty Acids	0.78	1	g
Monounsaturated Fatty Acids	2.14	3	g
Polyunsaturated Fatty Acids	2.42	3	g
Total Unsaturated Fat	4.57	6	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	2.37	3	g
Sum of Omega-9 (n-9)	2.13	3	g
Calcium	30	37	mg
Iron	1.01	1	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	35	44	mg
Phosphorus	99	124	mg
Potassium	312	390	mg
Sodium	640	800	mg
Chloride	10	13	mg
Zinc	0.88	1	mg
Copper	0.197	0	mg
Manganese	0.360	0	mg
Selenium	13	17	µg
Iodine	38	48	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	5.5	7	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	-	-	mg
Vitamin B6	0.40	1	mg
Vitamin B7 (Biotin)	3.0	4	µg
Vitamin B9 (Folic Acid)	116	145	µg
Vitamin B12 (Cyanocobalamin)	1.0	1	µg

Recipe Name

Guar Beans

Approximately 4 adults

Ingredients	Quantity
Guar beans, washed	472 g
Onion, finely chopped	80 g
Ground black pepper	2 g
Ground cumin	4 g
Salt	6.8 g
Minced garlic	16 g
Ghee	50 g
Water for boiling	As needed

Preparation Method

1. In a medium pot, boil the guar beans in enough water over medium heat for about 30 minutes, then drain using a sieve and set aside.
2. In another medium pot over medium heat, add the onion and ghee, and sauté for 5 minutes until golden.
3. Add the boiled guar beans, garlic, salt, black pepper, and cumin. Stir for 3 minutes until well combined and evenly coated.
4. Once cooked, serve the Guar Beans hot in a shallow serving dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	617	3710	kJ
Energy (kcal)	147	886	kcal
Moisture Content	69.2	416	g
Total Protein	2.2	13	g
Total Nitrogen	0.3	2	g
Total Fat	6.8	41	g
Available Carbohydrates	17.7	106	g
Total Carbohydrates	20.7	124	g
Total sugars	2.1	13	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	2.9	17	g
Soluble Fibre	0.7	4	g
Insoluble Fibre	2.2	13	g
Ash Content	1.0	6	g
Cholesterol	11.7	70	mg
Saturated Fatty Acids	4.49	27	g
Monounsaturated Fatty Acids	1.67	10	g
Polyunsaturated Fatty Acids	0.32	2	g
Total Unsaturated Fat	1.99	12	g
Trans-Fat (TFA)	0.29	2	g
Sum of Omega-3 (n-3)	0.14	1	g
Sum of Omega-6 (n-6)	0.19	1	g
Sum of Omega-9 (n-9)	1.47	9	g
Calcium	105	631	mg
Iron	2.84	17	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	55	330	mg
Phosphorus	50	303	mg
Potassium	362	2170	mg
Sodium	361	2170	mg
Chloride	6	39	mg
Zinc	0.52	3	mg
Copper	0.133	1	mg
Manganese	0.383	2	mg
Selenium	-	-	µg
Iodine	58	347	µg
Vitamin A (as Retinol)	42	254	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	1.0	6	mg
Vitamin K	69	413	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	0.30	2	mg
Vitamin B3 (Total)	0.45	3	mg
Vitamin B5	0.70	4	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	3.0	18	µg
Vitamin B9 (Folic Acid)	70	419	µg
Vitamin B12 (Cyanocobalamin)	1.0	6	µg

Recipe Name

Lahouh

Approximately 4 adults

Ingredients	Quantity
White flour	167 g
Millet flour	153 g
Red sorghum flour	107 g
Fresh cow's laban	187 g
Ground cumin	4 g
Instant yeast	7 g
Water	667 ml
Salt	7 g

Preparation Method

1. In a deep bowl, combine the white flour, red sorghum flour, millet flour, salt, instant yeast, cumin, laban, and water. Mix with a spoon for about 2 minutes until the batter becomes semi-liquid. Cover and let it ferment for 30 minutes.
2. Pour a ladleful of the batter into a pan over low heat, shaping it into a medium-thick circular disc. Cook for about 2 minutes, then flip and cook the other side for another 2 minutes. Repeat until all the batter is used.
3. Once cooked, serve the Lahouh hot on a flat serving plate.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	531	4500	kJ
Energy (kcal)	127	1080	kcal
Moisture Content	68.4	579	g
Total Protein	6.8	58	g
Total Nitrogen	1.1	9	g
Total Fat	2.3	20	g
Available Carbohydrates	18.0	152	g
Total Carbohydrates	21.3	181	g
Total sugars	2.6	22	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	3.0	25	g
Soluble Fibre	0.3	2	g
Insoluble Fibre	2.7	23	g
Ash Content	1.6	13	g
Cholesterol	-	-	mg
Saturated Fatty Acids	0.64	5	g
Monounsaturated Fatty Acids	0.67	6	g
Polyunsaturated Fatty Acids	1.02	9	g
Total Unsaturated Fat	1.69	14	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.97	8	g
Sum of Omega-9 (n-9)	0.65	5	g
Calcium	51	428	mg
Iron	1.99	17	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	66	556	mg
Phosphorus	195	1650	mg
Potassium	276	2330	mg
Sodium	329	2790	mg
Chloride	6	48	mg
Zinc	1.59	14	mg
Copper	0.253	2	mg
Manganese	0.627	5	mg
Selenium	27	226	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	1.7	15	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	2.0	17	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.40	3	mg
Vitamin B2	0.06	1	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	0.40	3	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.0	17	µg
Vitamin B9 (Folic Acid)	122	1033	µg
Vitamin B12 (Cyanocobalamin)	1.0	8	µg

Recipe Name

Meat Maghsh / Masqut

Approximately 4 adults

Ingredients	Quantity
Lamb with bone, cut into medium pieces	800 g
Onion, sliced	40 g
Minced garlic	5 g
Ground black pepper	1 g
Ground cumin	2 g
Ground green chili pepper	2 g
Ground turmeric	2.4 g
Cinnamon sticks	4 g
Cardamom pods	3 g
Salt	5 g
Water	480 ml

Preparation Method

1. Preheat the mifa oven over wood fire at a very high temperature for an hour.
2. In the maghsh pot, combine the lamb, onion, garlic, salt, cinnamon sticks, cardamom, and water along with the ground spices (black pepper, cumin, turmeric, and green chili). Stir the mixture for a minute.
3. Place the maghsh pot inside the preheated mifa oven, cover it tightly, and cook for about 2½ hours.
4. Once fully cooked, serve the Meat Maghsh hot in a deep serving dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	721	6000	kJ
Energy (kcal)	172	1430	kcal
Moisture Content	69.8	580	g
Total Protein	13.6	113	g
Total Nitrogen	2.2	18	g
Total Fat	12.4	103	g
Available Carbohydrates	-	-	g
Total Carbohydrates	3.0	25	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	2.5	21	g
Soluble Fibre	0.1	1	g
Insoluble Fibre	2.4	20	g
Ash Content	1.1	9	g
Cholesterol	75.7	629	mg
Saturated Fatty Acids	6.24	52	g
Monounsaturated Fatty Acids	4.85	40	g
Polyunsaturated Fatty Acids	0.54	4	g
Total Unsaturated Fat	5.39	45	g
Trans-Fat (TFA)	0.80	7	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.5	4	g
Sum of Omega-9 (n-9)	4.63	39	g
Calcium	24	202	mg
Iron	1.05	9	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	17	144	mg
Phosphorus	124	1030	mg
Potassium	252	2100	mg
Sodium	239	1990	mg
Chloride	4	30	mg
Zinc	1.35	11	mg
Copper	0.060	0	mg
Manganese	0.153	1	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	4.5	37	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	3.4	28	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	1.0	8	µg
Vitamin B9 (Folic Acid)	24	202	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Kan'ad Mkashan / Fish Mkashan

Approximately 4 adults

Ingredients	Quantity
Kan'ad fish (Kingfish), cut into medium slices	720 g
Onion, finely chopped	200 g
Whole red cherry pepper	6 g
Minced garlic	40 g
Mixed spices (cumin, turmeric, black pepper)	22 g
Sesame oil	320 ml
Salt	18 g

Preparation Method

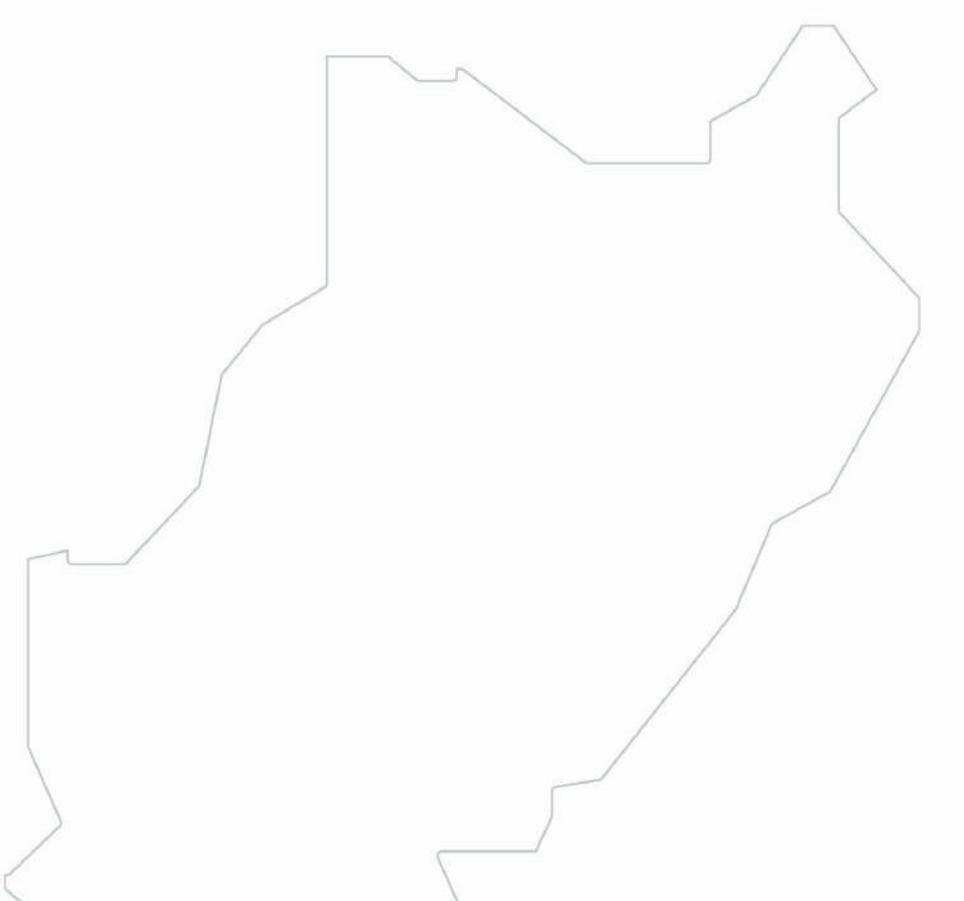
1. Preheat the mkashan pot directly over hot embers at very high heat for 2 minutes.
2. Pour the sesame oil into the mkashan and heat for 2 minutes.
3. Add the onion and sauté with a spoon for 2 minutes until softened.
4. Place the fish slices over the onions and cook for 2 minutes on each side. Add the mixed spices, garlic, salt, and whole red peppers, then stir again and cook for 10 minutes.
5. Once cooked, serve the Kan'ad Mkashan hot in a deep serving dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1497	16200	kJ
Energy (kcal)	357	3880	kcal
Moisture Content	46.2	502	g
Total Protein	14.8	161	g
Total Nitrogen	2.4	26	g
Total Fat	30.6	332	g
Available Carbohydrates	3.0	33	g
Total Carbohydrates	6.33	69	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	-	-	g
Soluble Fibre	-	-	g
Insoluble Fibre	-	-	g
Ash Content	1.7	18	g
Cholesterol	36.7	398	mg
Saturated Fatty Acids	6.82	74	g
Monounsaturated Fatty Acids	11.5	125	g
Polyunsaturated Fatty Acids	12.1	131	g
Total Unsaturated Fat	23.6	256	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	1.75	19	g
Sum of Omega-6 (n-6)	10.3	112	g
Sum of Omega-9 (n-9)	10.9	119	g
Calcium	18	193	mg
Iron	0.25	3	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	28	304	mg
Phosphorus	153	1660	mg
Potassium	342	3710	mg
Sodium	428	4650	mg
Chloride	6	67	mg
Zinc	0.90	10	mg
Copper	0.117	1	mg
Manganese	0.270	3	mg
Selenium	40	434	µg
Iodine	261	2832	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	7.0	76	µg
Vitamin E (as a-Tocopherol)	0.7	8	mg
Vitamin K	5.2	57	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	6.6	72	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	1.0	11	µg
Vitamin B9 (Folic Acid)	32	351	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Najran



Whole wheat and ghee/Ghee Fattah

288

Ruqsh / Shataf

298

Osab – (Ma'aseeb)

290

Mardhoufah

300

Meat Bormah

292

Corn Ma'asoubah with Meat Broth

302

chicken Bormah

294

Corn Ma'asoubah with chicken Broth

304

Cornbread

296

Recipe Name

Whole Wheat and Ghee / Ghee Fattah

Approximately 4 adults

Ingredients	Quantity
Whole wheat flour	300 g
Date molasses	53 g
Water	400 ml
Ghee	40 g

Preparation Method

1. In a deep bowl, combine the flour and gradually pour in the water while kneading by hand for about 2 minutes until the mixture becomes semi-liquid.
2. Heat a flat griddle over high heat for 3 minutes, then pour a ladleful of the batter onto the griddle to form a thin circular disc. Cook for a minute, then flip to the other side.
3. Pour another ladleful of the batter as a second layer, cook for 2 minutes, and flip again.
4. Pour a third ladleful to form the final layer and cook for 5 minutes until fully cooked.
5. Remove the bread and place it in a deep bowl. Knead it by hand for about 2 minutes until it forms a soft paste and shape it into a disc.
6. Drizzle date molasses and ghee on top.
7. Serve the Whole Wheat and Ghee Fattah warm in a deep serving dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	887	6040	kJ
Energy (kcal)	212	1450	kcal
Moisture Content	47.8	326	g
Total Protein	7.7	53	g
Total Nitrogen	1.2	8	g
Total Fat	4.9	34	g
Available Carbohydrates	29.7	202	g
Total Carbohydrates	38.3	261	g
Total sugars	7.9	54	g
Added Sugar	7.8	53	g
Total Dietary Fibre	9.0	61	g
Soluble Fibre	0.6	4	g
Insoluble Fibre	8.4	57	g
Ash Content	1.1	7	g
Cholesterol	11.33	77	mg
Saturated Fatty Acids	3.01	21	g
Monounsaturated Fatty Acids	1.1	7	g
Polyunsaturated Fatty Acids	0.59	4	g
Total Unsaturated Fat	1.69	11	g
Trans-Fat (TFA)	0.20	1	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.5	3	g
Sum of Omega-9 (n-9)	0.94	6	g
Calcium	27	184	mg
Iron	1.31	9	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	83	562	mg
Phosphorus	180	1230	mg
Potassium	298	2030	mg
Sodium	74	503	mg
Chloride	1	8	mg
Zinc	1.70	12	mg
Copper	0.263	2	mg
Manganese	1.30	9	mg
Selenium	10	68	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	4.0	27	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.23	2	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	0.50	3	mg
Vitamin B5	0.50	3	mg
Vitamin B6	0.33	2	mg
Vitamin B7 (Biotin)	2.0	14	µg
Vitamin B9 (Folic Acid)	70	477	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Osab (Ma'aseeb)

Approximately 4 adults

Ingredients	Quantity
Sheep tripe, cut into wide strips	182 g
Sheep belly fat	254 g
Ground black pepper	1 g
Mixed spices	5 g
Water	1.8 L
Sheep intestines, whole	147 g
Salt	10 g
Ground turmeric	4 g
Onion, chopped	100 g

Preparation Method

1. Spread a strip of tripe on a flat surface and cut it lengthwise. Place a portion of belly fat on top, then tightly wrap it with the intestines to form a cylindrical roll and tie it securely.
2. In a pressure cooker, add the water, the wrapped tripe rolls, salt, black pepper, turmeric, mixed spices, and onion. Cover the cooker and cook for 45 minutes.
3. Once cooked, serve the Osab hot on a flat serving platter.
4. Drizzle date molasses and ghee on top.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1270	6500	kJ
Energy (kcal)	303	1550	kcal
Moisture Content	59.4	304	g
Total Protein	6.6	34	g
Total Nitrogen	1.0	5	g
Total Fat	29.3	150	g
Available Carbohydrates	4.33	22	g
Total Carbohydrates	4.33	22	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	-	-	g
Soluble Fibre	-	-	g
Insoluble Fibre	4.2	22	g
Ash Content	0.3	1	g
Cholesterol	95.0	486	mg
Saturated Fatty Acids	16.6	85	g
Monounsaturated Fatty Acids	8.77	45	g
Polyunsaturated Fatty Acids	1.45	7	g
Total Unsaturated Fat	10.2	52	g
Trans-Fat (TFA)	2.47	13	g
Sum of Omega-3 (n-3)	0.1	1	g
Sum of Omega-6 (n-6)	1.32	7	g
Sum of Omega-9 (n-9)	8.4	43	g
Calcium	16	84	mg
Iron	0.61	3	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	6	32	mg
Phosphorus	53	272	mg
Potassium	41	209	mg
Sodium	131	672	mg
Chloride	2	9	mg
Zinc	1.10	6	mg
Copper	0.070	0	mg
Manganese	-	-	mg
Selenium	-	-	µg
Iodine	24	124	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	5.3	27	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	1.0	5	µg
Vitamin B9 (Folic Acid)	38	193	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Meat Bormah

Approximately 4 adults

Ingredients	Quantity
Lamb with bone, cut into medium pieces	210 g
Onion, chopped	65 g
Ground mixed spices	4 g
Ground black pepper	4 g
Ground turmeric	5 g
Salt	10 g
Water	1 L

Preparation Method

1. In a bormah pot, combine the lamb, onion, salt, black pepper, turmeric, mixed spices, and water. Place over high heat and stir with a spoon for about 2 minutes.
2. Cover the pot and cook over medium heat for 45 minutes.
3. Once cooked, serve the Meat Bormah hot in a deep serving dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	195	1990	kJ
Energy (kcal)	46	474	kcal
Moisture Content	90.7	926	g
Total Protein	5.2	53	g
Total Nitrogen	0.8	9	g
Total Fat	2.8	29	g
Available Carbohydrates	-	-	g
Total Carbohydrates	-	-	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	0.5	5	g
Soluble Fibre	-	-	g
Insoluble Fibre	0.5	5	g
Ash Content	1.2	12	g
Cholesterol	13.0	133	mg
Saturated Fatty Acids	1.5	15	g
Monounsaturated Fatty Acids	1.12	11	g
Polyunsaturated Fatty Acids	0.11	1	g
Total Unsaturated Fat	1.23	13	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	-	-	g
Sum of Omega-9 (n-9)	1.05	11	g
Calcium	13	132	mg
Iron	0.41	4	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	7	75	mg
Phosphorus	35	358	mg
Potassium	119	1210	mg
Sodium	442	4520	mg
Chloride	7	74	mg
Zinc	1.06	11	mg
Copper	0.08	1	mg
Manganese	-	-	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	1.4	14	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.4	4	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.9	19	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.7	27	µg
Vitamin B9 (Folic Acid)	11	116	µg
Vitamin B12 (Cyanocobalamin)	1.0	10	µg

Recipe Name

Chicken Bormah

Approximately 4 adults

Ingredients	Quantity
Chicken with bone, cut into medium pieces	210 g
Onion, chopped	65 g
Ground mixed spices	4 g
Ground black pepper	4 g
Ground turmeric	5 g
Salt	10 g
Water	1 L

Preparation Method

1. In a bormah pot, combine the lamb, onion, salt, black pepper, turmeric, mixed spices, and water. Place over high heat and stir with a spoon for about 2 minutes.
2. Cover the pot and cook over medium heat for 45 minutes.
3. Once cooked, serve the Meat Bormah hot in a deep serving dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	129	1390	kJ
Energy (kcal)	31	330	kcal
Moisture Content	92.1	992	g
Total Protein	3.7	40	g
Total Nitrogen	0.6	6	g
Total Fat	0.6	7	g
Available Carbohydrates	2.67	29	g
Total Carbohydrates	2.67	29	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	0.5	5	g
Soluble Fibre	-	-	g
Insoluble Fibre	0.5	5	g
Ash Content	1.1	11	g
Cholesterol	13.7	147	mg
Saturated Fatty Acids	0.17	2	g
Monounsaturated Fatty Acids	0.32	3	g
Polyunsaturated Fatty Acids	0.15	2	g
Total Unsaturated Fat	0.46	5	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.13	1	g
Sum of Omega-9 (n-9)	0.29	3	g
Calcium	19	205	mg
Iron	0.46	5	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	8	89	mg
Phosphorus	44	472	mg
Potassium	120	1290	mg
Sodium	404	4350	mg
Chloride	7	76	mg
Zinc	0.58	6	mg
Copper	0.073	1	mg
Manganese	0.193	2	mg
Selenium	-	-	µg
Iodine	49	527	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	6.7	72	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	2.0	22	mg
Vitamin B5	0.4	4	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.0	22	µg
Vitamin B9 (Folic Acid)	68	736	µg
Vitamin B12 (Cyanocobalamin)	1.0	11	µg

Recipe Name

Cornbread

Approximately 4 adults

Ingredients	Quantity
Water	400 ml
Sorghum flour	333 g

Preparation Method

1. Preheat the mefa oven over a wood fire at a high temperature for one hour.
2. In a deep bowl, add the sorghum flour and gradually pour in the water while kneading by hand for about 2 minutes until the dough becomes firm.
3. Divide the dough into palm-sized balls, then press each one onto the inner wall of the mefa. Repeat until all dough is used, then cover the mefa and bake for 15 minutes.
4. Once baked, remove the sorghum bread and serve hot on a flat plate.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	859	5160	kJ
Energy (kcal)	205	1230	kcal
Moisture Content	45.9	276	g
Total Protein	7.7	46	g
Total Nitrogen	1.2	7	g
Total Fat	1.5	9	g
Available Carbohydrates	36.0	216	g
Total Carbohydrates	44.0	264	g
Total sugars	5.1	30	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	8.4	50	g
Soluble Fibre	7.6	46	g
Insoluble Fibre	0.7	4	g
Ash Content	1.0	6	g
Cholesterol	-	-	mg
Saturated Fatty Acids	0.25	1	g
Monounsaturated Fatty Acids	0.5	3	g
Polyunsaturated Fatty Acids	0.77	5	g
Total Unsaturated Fat	1.27	8	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.75	5	g
Sum of Omega-9 (n-9)	0.48	3	g
Calcium	13	75	mg
Iron	2.02	12	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	101	605	mg
Phosphorus	134	807	mg
Potassium	250	1500	mg
Sodium	78	469	mg
Chloride	1	6	mg
Zinc	1.36	8	mg
Copper	0.197	1	mg
Manganese	0.777	5	mg
Selenium	30	180	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.7	16	µg
Vitamin B9 (Folic Acid)	69	416	µg
Vitamin B12 (Cyanocobalamin)	0.9	5	µg

Recipe Name

Ruqsh / Shataf

Approximately 4 adults

Ingredients	Quantity
Whole wheat flour	250 g
Water	500 ml

Preparation Method

1. In a deep bowl, add the flour and gradually pour in the water while kneading by hand for about 1 minute until the dough becomes semi-liquid.
2. Heat a griddle over high heat for 2 minutes, then spread the dough by hand into a thin circular layer. Cook for about 5 minutes until the bread is done.
3. Once baked, serve the Ruqsh hot on a flat plate.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	881	3720	kJ
Energy (kcal)	210	888	kcal
Moisture Content	44.7	188	g
Total Protein	8.6	36	g
Total Nitrogen	1.4	6	g
Total Fat	1.6	7	g
Available Carbohydrates	35.7	151	g
Total Carbohydrates	44.3	187	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	8.5	36	g
Soluble Fibre	0.8	3	g
Insoluble Fibre	7.7	32	g
Ash Content	0.9	4	g
Cholesterol	-	-	mg
Saturated Fatty Acids	0.33	1	g
Monounsaturated Fatty Acids	0.27	1	g
Polyunsaturated Fatty Acids	0.99	4	g
Total Unsaturated Fat	1.26	5	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.92	4	g
Sum of Omega-9 (n-9)	0.25	1	g
Calcium	32	134	mg
Iron	1.99	8	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	92	386	mg
Phosphorus	195	821	mg
Potassium	297	1250	mg
Sodium	26	109	mg
Chloride	1	2	mg
Zinc	1.84	8	mg
Copper	0.310	1	mg
Manganese	2.023	9	mg
Selenium	13	56	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	4.3	18	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.12	1	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	3.2	14	mg
Vitamin B5	0.6	3	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	5.3	23	µg
Vitamin B9 (Folic Acid)	124	522	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Mardhoufah

Approximately 4 adults

Ingredients	Quantity
Salted whole wheat flour	193 g
Fresh cow butter	133 g
Water	248 ml

Preparation Method

1. In a medium pot, melt the butter over high heat for about 2 minutes.
2. In a deep bowl, add the flour and gradually pour in the water while kneading by hand for about 1 minute until the dough becomes firm.
3. Heat a hajar marw (traditional quartz cooking stone) (about 110 g) over a stove at high temperature for 10 minutes.
4. Heat a flat griddle over high heat for 2 minutes.
5. Shape the dough into a thick round disc and cook it on the griddle for 5 minutes.
6. Transfer the disc to a deep bowl and knead by hand for 2 minutes until it becomes paste-like.
7. Make a hollow in the center, pour in the melted butter, and place the hot hajar marw inside.
8. Once ready, serve the Mardhoufah hot in a deep dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	1327	6310	kcal
Energy (kcal)	316	1510	g
Moisture Content	41.1	196	g
Total Protein	6.5	31	g
Total Nitrogen	1.0	5	g
Total Fat	20.0	95	g
Available Carbohydrates	24.7	117	g
Total Carbohydrates	31.3	149	g
Total sugars	2.2	10	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	6.8	32	g
Soluble Fibre	0.8	4	g
Insoluble Fibre	6.0	29	g
Ash Content	1.0	5	mg
Cholesterol	52.3	249	g
Saturated Fatty Acids	14.0	67	g
Monounsaturated Fatty Acids	4.42	21	g
Polyunsaturated Fatty Acids	0.96	5	g
Total Unsaturated Fat	5.39	26	g
Trans-Fat (TFA)	0.68	3	g
Sum of Omega-3 (n-3)	0.24	1.16	g
Sum of Omega-6 (n-6)	0.7	3	g
Sum of Omega-9 (n-9)	3.61	17	mg
Calcium	36	171	mg
Iron	1.29	6	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	72	344	mg
Phosphorus	182	865	mg
Potassium	241	1150	mg
Sodium	36	169	mg
Chloride	1	4	mg
Zinc	1.86	9	mg
Copper	0.190	1	mg
Manganese	0.837	4	µg
Selenium	-	-	µg
Iodine	52	249	µg
Vitamin A (as Retinol)	160	762	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	mg
Vitamin E (as a-Tocopherol)	0.7	3	µg
Vitamin K	1.6	8	mg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.72	3	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	0.30	1	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	µg
Vitamin B7 (Biotin)	4.0	19	µg
Vitamin B9 (Folic Acid)	39	186	µg
Vitamin B12 (Cyanocobalamin)	1.0	5	µg

Recipe Name

Corn Ma'asoubah with Meat Broth

Approximately 4 adults

Ingredients	Quantity
Lamb with bone and fat, cut into small pieces	240 g
Onion, chopped	120 g
Ground black pepper	3 g
Ground turmeric	3 g
Salt	7 g
Water	1.3 L
Salted sorghum flour	87 g
Meat broth	134 ml
Water	134 ml

Preparation Method

1. In a medium pressure cooker over medium heat, add the lamb, onion, salt, black pepper, turmeric, and water. Stir the ingredients for a minute, then cover and cook for 30 minutes.
2. Add the sorghum flour and water to the pot and stir well, then gradually pour in the meat broth while continuously mixing with a wooden whisk (muswat) for about 10 minutes over low heat until the mixture becomes smooth and cohesive.
3. Once cooked, serve the Sorghum Ma'asoubah with Meat Broth hot in a deep dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	214	3140	kJ
Energy (kcal)	51	750	kcal
Moisture Content	88.8	1300	g
Total Protein	2.4	36	g
Total Nitrogen	0.4	6	g
Total Fat	2.4	35	g
Available Carbohydrates	4.33	64	g
Total Carbohydrates	5.67	83	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	1.6	23	g
Soluble Fibre	0.1	2	g
Insoluble Fibre	1.4	21	g
Ash Content	0.6	8	g
Cholesterol	8.0	117	mg
Saturated Fatty Acids	1.16	17	g
Monounsaturated Fatty Acids	0.98	14	g
Polyunsaturated Fatty Acids	0.2	3	g
Total Unsaturated Fat	1.18	17	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.18	3	g
Sum of Omega-9 (n-9)	0.93	14	g
Calcium	10	144	mg
Iron	0.58	9	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	15	213	mg
Phosphorus	48	708	mg
Potassium	103	1510	mg
Sodium	207	3030	mg
Chloride	4	53	mg
Zinc	1.05	15	mg
Copper	0.053	1	mg
Manganese	0.150	2	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	-	-	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	-	-	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	-	-	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	3.0	44	µg
Vitamin B9 (Folic Acid)	36	523	µg
Vitamin B12 (Cyanocobalamin)	-	-	µg

Recipe Name

Corn Ma'asoubah with Chicken Broth

Approximately 4 adults

Ingredients	Quantity
Chicken with bone, cut into small pieces	240 g
Onion, chopped	120 g
Ground black pepper	3 g
Ground turmeric	3 g
Salt	7 g
Water	1.3 L
Salted sorghum flour	87 g
Chicken broth	134 ml
Water	134 ml

Preparation Method

1. In a medium pressure cooker over medium heat, add the chicken, onion, salt, black pepper, turmeric, and water. Stir for a minute, then cover and cook for 30 minutes.
2. Add the sorghum flour and water to the pot and stir well, then gradually pour in the chicken broth while continuously mixing with a wooden whisk (muswat) for about 10 minutes over low heat until the mixture becomes smooth and cohesive.
3. Once cooked, serve the Sorghum Ma'asoubah with Chicken Broth hot in a deep dish.

The dish's nutritional content

Analyte	per 100g	Full recipe	Unit
Energy (kJ)	176	2700	kJ
Energy (kcal)	42	645	kcal
Moisture Content	89.3	1370	g
Total Protein	3.1	47	g
Total Nitrogen	0.5	7	g
Total Fat	1.1	17	g
Available Carbohydrates	4.0	61	g
Total Carbohydrates	5.67	87	g
Total sugars	-	-	g
Added Sugar	0.0	0.0	g
Total Dietary Fibre	1.9	29	g
Soluble Fibre	0.1	2	g
Insoluble Fibre	1.7	27	g
Ash Content	0.6	10	g
Cholesterol	9.67	148	mg
Saturated Fatty Acids	0.26	4	g
Monounsaturated Fatty Acids	0.51	8	g
Polyunsaturated Fatty Acids	0.29	5	g
Total Unsaturated Fat	0.81	12	g
Trans-Fat (TFA)	-	-	g
Sum of Omega-3 (n-3)	-	-	g
Sum of Omega-6 (n-6)	0.28	4	g
Sum of Omega-9 (n-9)	0.47	7	g
Calcium	11	170	mg
Iron	0.41	6	mg

Analyte	per 100g	Full recipe	Unit
Magnesium	15	237	mg
Phosphorus	56	858	mg
Potassium	112	1720	mg
Sodium	219	3370	mg
Chloride	3	53	mg
Zinc	0.80	12	mg
Copper	0.050	1	mg
Manganese	0.140	2	mg
Selenium	-	-	µg
Iodine	-	-	µg
Vitamin A (as Retinol)	-	-	µg
Beta-carotene	-	-	µg
Vitamin D	-	-	µg
Vitamin E (as a-Tocopherol)	-	-	mg
Vitamin K	4.3	66	µg
Vitamin C (as Ascorbic Acid)	-	-	mg
Vitamin B1	0.5	8	mg
Vitamin B2	-	-	mg
Vitamin B3 (Total)	1.3	20	mg
Vitamin B5	-	-	mg
Vitamin B6	-	-	mg
Vitamin B7 (Biotin)	2.0	31	µg
Vitamin B9 (Folic Acid)	110	1688	µg
Vitamin B12 (Cyanocobalamin)	1.3	20	µg

Appendix (1): Definitions of Key Terms

This appendix provides definitions of key nutritional terms used throughout this book

Nutrient	Definition
Energy	The amount of energy provided by food when consumed, expressed in kilojoules (kJ) or kilocalories (kcal). It is calculated based on the content of protein, fat, and carbohydrates.
Moisture	The amount of water present in the edible portion of food, typically determined by drying to a constant weight. Moisture is one of the primary components of food and affects the concentration of other nutrients.
Total Protein	The protein content calculated from the total nitrogen content using the appropriate nitrogen-to-protein conversion factor.
Total Nitrogen	The amount of nitrogen in food, used to estimate protein content.
Total Fat	All fat substances extracted from food, including triglycerides, phospholipids, sterols, and other minor components.
Available Carbohydrates	Carbohydrates that can be digested, absorbed, and used by the human body as an energy source including monosaccharides, disaccharides, and starches. Dietary fiber is not included.
Total Carbohydrates	The sum of available carbohydrates and dietary fiber. Includes monosaccharides, disaccharides, starches, and fiber.
Total Sugars	All monosaccharides and disaccharides present in food, such as glucose, fructose, lactose, and sucrose.
Added Sugars	Sugars added during food preparation or to the final dish, including sucrose, glucose, fructose, and other sweeteners. Does not include naturally occurring sugars in milk or fruits.
Dietary Fiber	A group of non-digestible carbohydrates that are not digested in the human small intestine and reach the colon, where they may be partially fermented. Includes soluble and insoluble fiber.
Soluble Fiber	The fraction of dietary fiber that dissolves in water to form a viscous solution. It is found mainly in fruits such as citrus (as pectin), and in whole grains such as oats and barley.
Insoluble Fiber	The fraction of dietary fiber that does not dissolve in water. It is found in whole grains, vegetables, and seeds as cellulose, hemicellulose, and lignin.
Ash	The total mineral content remaining after complete combustion of organic matter in food at high temperatures. It is used as an approximate indicator of total mineral content and in calculating certain components such as total carbohydrates.
Cholesterol	A sterol compound naturally present in all foods of animal origin, such as meat, dairy, and eggs.
Saturated Fatty Acids	Fatty acids that contain no double bonds; often solid at room temperature. Examples include palmitic acid and stearic acid. Found abundantly in butter, meat, full-fat dairy, coconut oil, and palm oil.
Monounsaturated Fatty Acids	Fatty acids containing one double bond.
Polyunsaturated Fatty Acids	Fatty acids containing two or more double bonds, including essential fatty acids such as linoleic acid (omega-6) and alpha-linolenic acid omega-3.
Trans Fatty Acids	Unsaturated fatty acids containing one or more double bonds in the trans configuration. They occur naturally in small amounts in animal products, but most are formed during partial hydrogenation of vegetable oils or due to cooking processes.

Appendix (2): Reference Dietary Recommendations

This appendix presents the daily dietary recommendations within the framework of the Dietary Reference Intakes (DRIs), including the Recommended Dietary Allowance (RDA) and Adequate Intake (AI), based on U.S. guidelines, and classified by age group and gender.

Recommended Dietary Allowance (RDA) and Adequate Intake (AI) for water, energy, and macronutrients by age group and sex:

Age Group	Reference BMI	Reference Height -cm-	Water -AI-	Energy -EER-	Carbohydrates -RDA-	Total Fiber -AI-	Total Fat -AI-	Linoleic Acid -AI-	Alpha-Linolenic Acid -AI-	Protein -RDA-
Years	(Kg m ²)	(cm)	(L/day)	(kcal/day)	(g/day)	(g/day)	(g/day)	(g/day)	(g/day)	(g/day)
Male										
1–3	-	86	1.3	1046	130	19	-	7	0.7	13
4–8	15.3	115	1.7	1742	130	25	-	10	0.9	19
9–13	17.2	144	2.4	2279	130	31	-	12	1.2	34
14–18	20.5	174	3.3	3152	130	38	-	16	1.6	52
19–30	22.5	177	3.7	3067	130	38	-	17	1.6	56
31–50	22.5	177	3.7	3067	130	38	-	17	1.6	56
> 50	22.5	177	3.7	3067	130	30	-	14	1.6	56
Female										
1–3	-	-	1.3	992	130	19	-	7	0.7	13
4–8	15.3	86	1.7	1642	130	25	-	10	0.9	19
9–13	17.4	115	2.1	2071	130	26	-	10	1	34
14–18	20.4	144	2.3	2368	130	26	-	11	1.1	46
19–30	21.5	163	2.7	2403	130	25	-	12	1.1	46
31–50	21.5	163	2.7	2403	130	25	-	12	1.1	46
> 50	21.5	163	2.7	2403	130	21	-	11	1.1	46

- (AI) indicates that the value is derived from the Adequate Intake (AI).
- (RDA) indicates that the value is derived from the Recommended Dietary Allowance (RDA).
- (EER) refers to the Estimated Energy Requirement (EER).

Recommended Dietary Allowances (RDA) and Adequate Intake (AI): Minerals

Age Group	Chloride -AI-	Sodium -AI-	Potasium -AI-	Zinc -RDA-	Selenium -RDA-	Phosphorus -RDA-	Molybdenum -RDA-	Manganese -AI-	Magnesium -RDA-	Iron -RDA-	Iodine -RDA-	Fluoride -AI-	Copper -RDA-	Chromium -AI-	Calcium -RDA-
Years	**g/day**	**mg/day**	**mg/day**	**mg/day**	**µg/day**	**mg/day**	**µg/day**	**mg/day**	**mg/day**	**mg/day**	**µg/day**	**mg/day**	**µg/day**	**µg/day**	**mg/day**
Children															
1–3	1.5	800	2,000	3	20	460	17	1.2	80	7	90	0.7	340	11	700
4–8	1.9	1,000	2,300	5	30	500	22	1.5	130	10	90	1	440	15	1,000
Male															
9–13	2.3	1,200	2,500	8	40	1,250	34	1.9	240	8	120	2	700	25	1,300
14–18	2.3	1,500	3,000	11	55	1,250	43	2.2	410	11	150	3	890	35	1,300
19–30	2.3	1,500	3,400	11	55	700	45	2.3	400	8	150	4	900	35	1,000
31–50	2.3	1,500	3,400	11	55	700	45	2.3	420	8	150	4	900	35	1,000
51–70	2.0	1,500	3,400	11	55	700	45	2.3	420	8	150	4	900	30	1,000
> 70	1.8	1,500	3,400	11	55	700	45	2.3	420	8	150	4	900	30	1,200
Female															
9–13	2.3	1,200	2,300	8	40	1,250	34	1.6	240	8	120	2	700	21	1,300
14–18	2.3	1,500	2,300	9	55	1,250	43	1.6	360	15	150	3	890	24	1,300
19–30	2.3	1,500	2,600	8	55	700	45	1.8	310	18	150	3	900	25	1,000
31–50	2.3	1,500	2,600	8	55	700	45	1.8	320	18	150	3	900	25	1,000
51–70	2.0	1,500	2,600	8	55	700	45	1.8	320	8	150	3	900	20	1,200
> 70	1.8	1,500	2,600	8	55	700	45	1.8	320	8	150	3	900	20	1,200

- (AI) indicates that the value is derived from the Adequate Intake (AI).
- (RDA) indicates that the value is derived from the Recommended Dietary Allowance (RDA).

Table: Daily Vitamin Recommendations by Age Group and Gender

Age Group	Vitamin A	Vitamin C -RDA-	Vitamin D -RDA-	Vitamin E -RDA-	Vitamin K -AI-	Thiamin -RDA-	Riboflavin -RDA-	Niacin -RDA-	Pantothenic Acid -AI-	Vitamin B6 -RDA-	Biotin -AI-	Folate -RDA-	Vitamin B12 -RDA-	Choline -AI-
Years	**µg/day**	**mg/day**	**µg/day**	**mg/day**	**µg/day**	**mg/day**	**mg/day**	**mg/day**	**mg/day**	**mg/day**	**µg/day**	**µg/day**	**µg/day**	**mg/day**
Children														
1–3	300	15	15	6	30	0.5	0.5	6	2	0.5	8	150	0.9	200
4–8	400	25	15	7	55	0.6	0.6	8	3	0.6	12	200	1.2	250
Male														
9–13	600	45	15	11	60	0.9	0.9	12	4	1.0	20	300	1.8	375
14–18	900	75	15	15	75	1.2	1.3	16	5	1.3	25	400	2.4	550
19–30	900	90	15	15	120	1.2	1.3	16	5	1.3	30	400	2.4	550
31–50	900	90	15	15	120	1.2	1.3	16	5	1.3	30	400	2.4	550
51–70	900	90	15	15	120	1.2	1.3	16	5	1.7	30	400	2.4	550
> 70	900	90	20	15	120	1.2	1.3	16	5	1.7	30	400	2.4	550
Female														
9–13	600	45	15	11	60	0.9	0.9	12	4	1.0	20	300	1.8	375
14–18	700	65	15	15	75	1	1	14	5	1.2	25	400	2.4	400
19–30	700	75	15	15	90	1.1	1.1	14	5	1.3	30	400	2.4	425
31–50	700	75	15	15	90	1.1	1.1	14	5	1.3	30	400	2.4	425
51–70	700	75	15	15	90	1.1	1.1	14	5	1.5	30	400	2.4	425
> 70	700	75	20	15	90	1.1	1.1	14	5	1.5	30	400	2.4	425

- (AI) indicates that the value is derived from the Adequate Intake (AI)
- (RDA) indicates that the value is derived from the Recommended Dietary Allowance (RDA).

References

1. General Authority for Statistics (GASTAT). (2022). Household Size in Saudi Arabia.https://www.stats.gov.sa/w/حجم-الأسرة
2. Damodaran, S., Parkin, K. L., & Fennema, O. R. (Eds.). (2017). Fennema's Food Chemistry (5th ed.). Boca Raton, FL: CRC Press/Taylor & Francis Group.
3. Greenfield, H., & Southgate, D. A. T. (2003). Food Composition Data: Production, Management and Use (2nd ed.). Rome: Food and Agriculture Organization of the United Nations (FAO).
4. National Academies of Sciences, Engineering, and Medicine. (2019). Recommended Dietary Allowances and Adequate Intakes, Total Water and Macronutrients. In Dietary Reference Intakes Tables. Washington, DC: National Academies Press. https://www.ncbi.nlm.nih.gov/books/NBK56068/table/summarytables.t4/
5. National Academies of Sciences, Engineering, and Medicine. (2019). Recommended Dietary Allowances and Adequate Intakes, Elements. In Dietary Reference Intakes Tables. Washington, DC: National Academies Press. https://www.ncbi.nlm.nih.gov/books/NBK56068/table/summarytables.t2/
6. National Academies of Sciences, Engineering, and Medicine. (2019). Recommended Dietary Allowances and Adequate Intakes, Vitamins. In Dietary Reference Intakes Tables. Washington, DC: National Academies Press. https://www.ncbi.nlm.nih.gov/books/NBK545442/table/appJ_tab3/

Contact information for the National Nutrition Committee

e-mail : nnc@sfda.gov.sa

X Platform : @Saudi_nnc